


Photo by Cheryl Ruley

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Weight loss for some means gain for Help Center

by Cheryl Ruley
Staff Writer

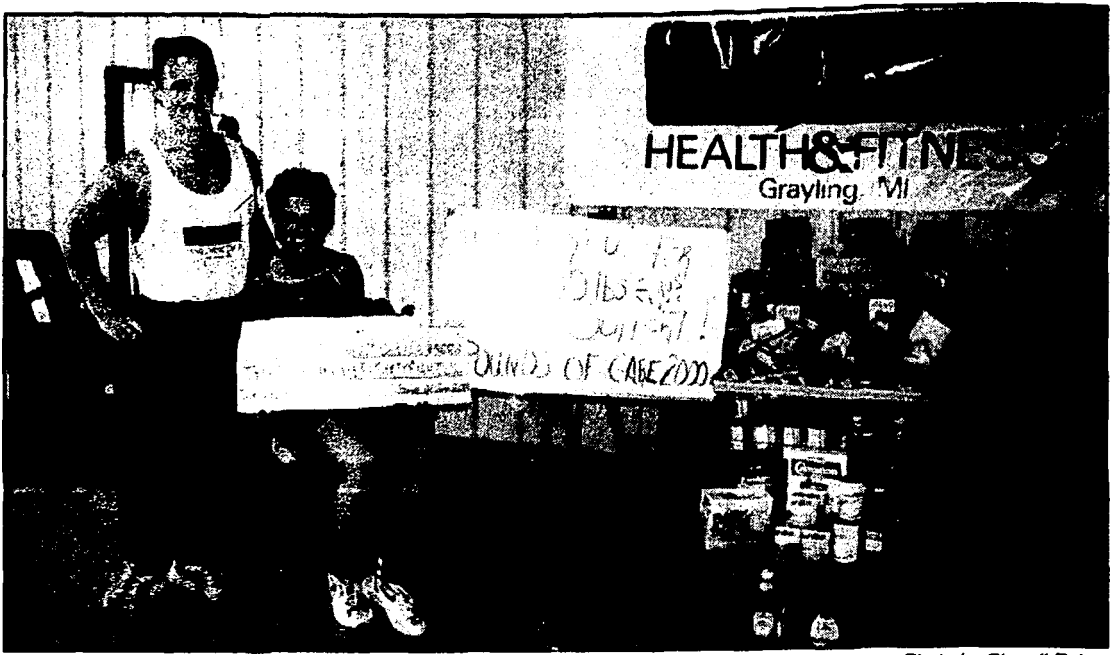
Over 230 pounds of food and \$378 have been given to a local food pantry as a result of a campaign dubbed Pounds for Care 2000. Mary Neal, organizer of the program, said donations are still coming in.

Neal came up with the idea that while people were trying to take off those extra pounds gained during the winter months, they could also help out a worthy cause by donating \$1 or a pound of food for every pound they lost. Neal was also hopeful that people would begin to practice better nutrition and get some exercise. She said she wanted to give back to the community as her father, Jack Alef, did all his life.

"Before my dad died, he lost 20 pounds due to illness," Neal said. "So, he donated \$20. He was always in on something good for the community."

Many groups and individuals signed up for Pounds of Care 2000. Neal said the most enthusiastic group was the gang from TOPS (Take Off Pounds Sensibly). The group, along with its leader Lynn Oldfield, even visited the HardBodyz Health & Fitness Center for a tour and to try out the machines. The group donated 18.5 pounds of food and \$56.25 in cash.

The group from Grayling Middle School raised the most money -- \$145. The most food donated came from Dr. William Dean's office with



Following in her father's footsteps, Mary Neal (seated) organized and carried out a food drive to benefit the Crawford County Community Christian Help Center. Neal's father, the late Jack Alef, gave generously to the Grayling community throughout his life and was the founder of "Thank You Grayling Days." Local fitness center owner Rich Ferrigan (standing) allowed Neal to promote her campaign from his facilities.

over 30 pounds. Neal said an example of the inspiration created by the program came when Grayling resident Therese Kaiser told the organizer that she was so inspired by the program she decided to join a gym and take better care of herself.

"Through Pounds of Care I have learned we have a very giving and caring community," remarked Neal.

"And, even if people didn't participate quite the way they had planned, they still came through and were very generous."

Anyone who has not turned in their donation or would like to donate to the program, may do so by taking it directly to the Help Center on Huron Street in Grayling. Make sure to indicate the Pounds of Care

2000 program at the time of donation. For more information, call the Help Center at 348-6046.

"I look forward to next year when we will try a different fund raiser for a different cause," Neal said, "and keep my dad's tradition going of helping the community."

For information on the TOPS program, call 348-0459 or 348-4400.

Sheriff warns of bogus phone solicitors

Hundreds of annoying telephone solicitations continue to plague the citizens of Crawford County, according to Crawford County Sheriff David G. Lovely, who said his office receives numerous complaints from citizens and local businesses particularly in response to law enforcement solicitations.

"Some law enforcement solicitors will pressure potential contributors into supporting a fundraising organization while promising possible favors concerning parking tickets, traffic violations or better protection," said Sheriff Lovely.

Due to the increase in solicitation calls, Sheriff Lovely would like to remind citizens of Crawford County that his professional organization, the Michigan Sheriffs' Association (MSA) does not conduct telephone solicitation. However, it has been brought to the attention of the Sheriff and the MSA that the Deputy Sheriffs' Association of Michigan is conducting heavy telephone solicitation. It is important

for citizens to know that the Deputy Sheriffs' Association of Michigan and the Michigan Sheriffs' Association are in no way affiliated with one another.

When a telemarketer contacts you, keep the following tips in mind:

- Contest high-pressure sales tactics.
- Do not send money by courier, overnight delivery or wire to anyone

Michigan Sheriffs' Association does not solicit for donations by phone. Don't fall for this annual scam.



who insists they have the money immediately.

- Before you donate money, check with your state or local consumer protection office to make sure the company and/or cause is legitimate.

If you wish to stop sales calls, the Attorney General's Office advises the following steps:

1. Ask for the company's name and address.
2. Demand that the telemarketer place your name on the "Do Not Call" list. The law requires them to honor your request.
3. Write down the date and time that you received the phone call and the action that you took.
4. If the telemarketer persists in trying to sell you a product or service, hang up the phone.

For additional information concerning the dos and don'ts of telemarketing, Sheriff Lovely recommends contacting the Consumer Protection Division of the Attorney General's Office at 1-877-765-8388. This is a toll-free number.

Corrections

In a story appearing in the May 4 edition of the *Avalanche* regarding the County's Budget review, the Honorable John G. Hunter was misidentified as a Circuit Court judge. Hunter is assigned to 83rd District Court. We apologize for the error.

Under a photo appearing on the front page of the May 11 edition of the *Avalanche*, a student was misidentified. The student dancing with 4th (not 5th as stated) grade teacher Dawn Feldhauser was Erick Trudgeon. We apologize for these errors, too.

Air Field licenses renewed for 2001

The Michigan Aeronautics Commission inspected the Grayling Army Air Field and has renewed the licenses for year 2001.

The Fixed Base Operation (FBO) contract has been signed by Birdseye Aviation and forwarded to Lansing for final approval.

A grand opening of the facilities will be held in the near future.

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Sunday, May 21, at Frederic Township Park

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For more information call the Grayling Recreation Authority at 517-348-9266

Program helps non-violent offenders get back on track

by Cheryl Ruley
Staff Writer

Rehabilitation and jail overcrowding are the main reasons the Michigan Legislature passed the Community Corrections Act in 1988. Crawford County has incorporated the Act into sentencing short-term, non-violent offenders to free up jail space for more serious offenders.

By law, local advisory boards must be formed consisting of a cross section of local officials and leading citizens. These boards work to devise and implement a plan of community punishment programs for non-assaultive offenders. Boards work with local case managers to find compatible community service work for offenders to complete while helping out non-profit agencies.

Crawford County's Community Corrections Case Manager Rhonda Nielson has been working with inmates and those serving commu-

nity service sentences for about a year and a half. She said most of her clients are drug offenders and drunk drivers who need to get their lives back in order.

"Most are local people and the vast majority are serving out sentences for drunk driving," said Nielson. "Most are men in their mid-20s to early 30s, but the incidence of women coming into the program is on the rise."

Nielson pointed out that her caseload increases during the warmer months to about 30 per month, about 10 more than during the winter. She said no one who has committed criminal sexual conduct is allowed to participate and those convicted of property offenses, such as breaking and entering, are considered on a case by case basis.

Those who are inmates of the Crawford County Jail and qualify for the program are placed on work release and are assigned to the Grayling Township Recycling

Center. "We have had very good results at the recycling center. Inmates sort items and get them ready for shipment."

Offenders who have left the jail, but who still have community service left to serve are involved in many different tasks of manual labor around the county. Nielson said those who are employed have 60 days to complete 40 hours of community service and 30 days if they are unemployed.

Part of the Community Corrections plan is to get offenders to finish their high school education and earn at least a GED. For those who have drug and/or alcohol abuse problems, substance abuse counseling is mandatory.

"The good thing about my part in this program is that I get to work with the offenders when they are clean and sober," said Nielson. "Most of them are very nice people and very cooperative."

The downside to Nielson's job is

the realization that most crimes are related to drugs and alcohol usage. "The majority of crimes committed in this county are ultimately traced back to a need by the offender to get and abuse drugs or alcohol," Nielson said. "Most deny any addiction to either and a lot of them are women who have committed their first drunk driving offense."

Nielson said she believes the program helps some overcome their substance abuse, but feels many who have been through the program do well only to return home to an environment that promotes the resumption of the lifestyle that sent them to jail in the first place.

"We'll keep working with offenders and hope we can make positive changes in lives that have gone off the track," Nielson remarked.

Non-profit agencies interested in working with Nielson and offenders enrolled in Crawford County's Community Corrections program, should call 344-3220.

School Board offers structural and functional solutions

Submitted by the Crawford
AuSable Board of Education

Last week we identified the overall need to remodel and expand the high school. This week we are addressing some of the specific solutions for our high school.

Heating and Ventilation - The early 1970s, pre-oil embargo heating system is expensive to maintain and operate. There are two parts to it: the gas hot water system and the electric heaters.

The gas hot water system is worn out. It requires constant maintenance and replacement parts have to be custom-manufactured at great expense. The electric heaters, which were put in as a cost saving measure back in the early 1970s because they were relatively inexpensive to install, are very costly and noisy to operate. The new system will be a high-efficiency, gas fired boiler with heated air distributed through duct work.

Energy Efficiency - Most of the roof membrane is to be replaced and will have additional insulation. With the new air handling structure that is part of the new heating and ventilation system, there will be

fewer units that need to outlet to the roof where many leaks have occurred in the past. Energy upgrades include new insulated windows and the new doors will have airlocks to minimize heat loss.

Classrooms - Science education has undergone major changes since the school opened in the early 1970s. Science is best learned hands-on in a science classroom. Since our science classrooms are obsolete, the current science classrooms will be converted to Business Technology classrooms and four new science classrooms will be added. The old Business Technology classrooms will be converted to general classrooms. Additionally, there is a need for two regular classrooms, an art room, and storage space.

Because our award-winning music program is expanding, there is a need for ensemble rooms, which are small rooms where instruction and practice for individuals and small groups can occur simultaneously.

The shop classroom area needs to be expanded to meet the rapidly expanding need for training in

industrial arts and building trades and for auditorium set construction and storage.

Cafeteria - The current tiny kitchen was designed only to serve prepared sandwiches. The small dining room requires three lunch periods, one of which splits a class period.

The new cafeteria will allow for healthy and appetizing foods to be prepared on-site and served in a dining room that will accommodate all the students. It will also double as a self-contained community meeting space with its own restrooms and entryway from outside.

To be continued next week...

Bicycle Safety Rodeo this Saturday, May 20

A Bicycle Safety Rodeo, for children in Kindergarten through fifth grade, will be held on Saturday, May 20.

The Crawford County Sheriff's Office, along with the Grayling City Police Department and the Crawford AuSable School District, will be conducting this third annual event.

The Rodeo will take place in the parking lot of the AuSable Primary School from 10 a.m. to 1 p.m.

Activities will include an obstacle course, "Rules of the Road" instruction with hands on practice, and free bicycle safety inspection conducted

by personnel from The Bicycle Shop of Grayling.

As a safety incentive, the Grayling Rotary Club will be presenting a bicycle helmet to the first 300 successful participants.

Two bicycles have been donated by Grayling High School and Grayling Middle School to be given away at the Rodeo. One boys' and one girls' bicycle will be awarded through a drawing of all participants.

Besides those already mentioned above, the Rodeo is being made possible through donations from the Grayling City Bicycle Patrol, NorthFlight EMS, McDonald's of Grayling, Glen's Market of Grayling, the Grayling 7-11, and Kirtland Community College.

For more information or early registration, call Deputy Shawn Krayes at (517) 348-4616, ext. 333 or Tina Bassett at (517) 344-3214.

Celebrate Michigan's heritage during Michigan Week, May 20-29

Continued from Page 1A

kickoff festivities will be an announcement of the winners of the Governor John B. Swainson Award and Michigan Week Essay Contest. Other Michigan Week 2000 events include:

- Michigan Parades into the 21st Century celebration in Lansing and the Michigan Week Kickoff City Parade in Sturgis on Saturday, May 20.

- The Mayors Exchange, sponsored by the Michigan Municipal League. More than 100 mayors will trade places in communities across the state to meet and exchange ideas during Michigan Week 2000.

- Presentation of Michigan Week Volunteer Leadership and Community Achievement Awards on Tuesday, May 23, at a luncheon sponsored by the Marshall Rotary at Schuler's Restaurant in downtown Marshall.

- Thursday, May 25, 11:30 a.m. to 7 p.m., the State Archives of Michigan in Lansing will feature a display of rarely seen, historic, Michigan-related documents dating as far back as 1797. Archives staff will also provide behind-the-scenes tours of the archives, located in the

Michigan Historical Center, 717 W. Allegan.

- Read Michigan. This year, 21 books celebrate the people, places, events and natural wonders that make Michigan great. Read Michigan was established to encourage residents to learn more about Michigan's diverse heritage. A complete list of the Read Michigan books is available on the Secretary of State web site (www.sos.state.mi.us/miweek) or by calling 1-800-860-4522.

Throughout Michigan Week, residents, businesses, schools and communities are encouraged to celebrate the people, history and events that build Michigan's diverse heritage during:

- Community Pride Day, Saturday, May 20
- Family Day, Sunday, May 21
- Local Government Day (Mayors Exchange), Monday, May 22
- Culture and Education Day, Tuesday, May 23
- Industry and Business Day, Wednesday, May 24
- Michigan History Day, Thursday, May 25
- Agriculture and Natural Resources Day, Friday, May 26

- Tourism Day, Saturday, May 27
- Volunteer Day, Sunday, May 28
- Veterans and Senior Citizen Day, Monday, May 29

For more information about Michigan Week activities, or to receive a Michigan Week poster, call R. Dee Woell at the Department of State, (517) 373-7610. Additional Michigan Week information and resources are available on the department's web site (www.sos.state.mi.us/miweek).

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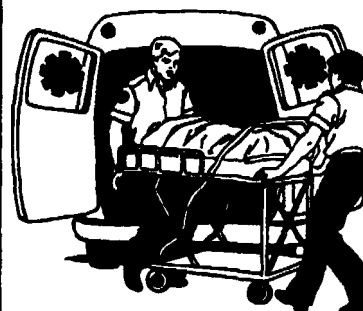
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Mercy Hospital Celebrates National Emergency Medical Services Week

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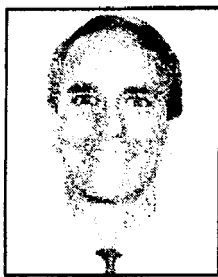
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OPINIONS



ALMANACK

by Dirk Milliman

MSU: Sky high; LCC: So low

As usual, lots of interesting things in the news this week.

Take, for example, the Big 10 coaching news. Both Michigan State's Tom Izzo and Indiana's Bob Knight made the new this past week.

In common? Both are terrific basketball coaches. Both will be coaching at their respective universities next season. Both have built winning programs that kids want to be involved with.

The differences? The Spartans' Izzo is staying in East Lansing despite the attempts to lure him up to the professional coaching ranks with more money than a hoop coach is worth.

Knight is hanging on to his job and his reputation by a thread, facing a three game suspension, a \$30,000 fine, a mandatory anger management class and a promise from the university that no more of his antics will be tolerated.

Not quite a ringing endorsement. But also not quite the firing that many people wanted and expected.

In the Izzo case, he has been a loyal M.S.U. man for nearly two decades, working at one point as an unpaid assistant just so he could be part of the program.

His recent success was not universally expected. When Izzo was named to succeed Jud Heathcote, there was some cry about the lack of a national search to find the best candidate.

Since that time five short years ago, his teams have

won three Big 10 titles and one National Championship. He has been named National Coach of the year.

Then the pro Atlanta Hawks came calling. Unsolicited. With a big money offer -- three times what he is making now.

Izzo said no, thank you. He is very polite. And loyal. He is now a hero, and will probably be a Spartan for life.

Knight has been a Hoosier for 25 years. He has 11 Big 10 titles and three National Championships to his credit with Indiana. He has turned out dozens of good basketball players who have gone on to professional hoops careers. He has also graduated more than 100 student-athletes who have gone on to successful careers off the basketball court.

Unlike Izzo, Knight will now operate under a threat. He will behave perfectly on and off the court or he will no longer be a Hoosier.

In East Lansing, Tom Izzo will now write his own ticket. The sky is the limit.

In Bloomington, Bob Knight must watch his every step for the rest of his career.

* * * * *

WANTED: Michigan College President.

And three board members.

What a mess at Lansing Community College.

After six months of struggling with its new president,

the college trustees finally forced Jim Anderton to resign.

Less than a year into a three year contract -- which was shortened to only two years at the end of 1999 -- Anderton, who was hired to come in and run the college "like a business" was forced out.

It appears that Anderton was running the college like a business, alright -- his own business. The former steel company president took the bull by the horns and was making decisions. He just happened to forget to keep his board informed to the level of their satisfaction.

It could be that he was used to operating like a corporate president, making daily decisions while keeping the shareholders happy with financial performance. Possibly answering to a board was not something he was accustomed to.

Or could it be that the board members wanted to manage the college and its direction by managing their new president? The word "micro" comes to mind.

Along the way, the college suffered more than its share of self-inflicted black eyes.

The board sprung a negative review on their leader after only six months on the job. A trustee resigned. Then he resigned. The president had a year chopped off his contract. He was told to work with a mentor to tell him how to do his job. He had to improve his communication skills. The trustees violated the Open Meetings Act in discussing the president by having one

member sitting outside the room and eavesdropping. This was recommended by their lawyer. A different trustee resigned. Then he picketed.

Now the president has been forced out, and three trustees have quit, too.

The L.C.C. mess seems like a combination doomed to failure from the start. The president wanted to run things his way. The board wanted him to run things their way. Never did the two meet.

Along the way, our state's third largest community college lost one president, three trustees and most of its credibility.

Fortunately, it retained most of its students, the most important but also most forgotten group in this whole seven-month fiasco.

The ousted president gets to keep his \$136,000 salary for a year. The ousted board members get zip.

An interim president has been named. A new president will be found. Let's just hope a better search process lands a better candidate this time.

Who knows. Maybe soon Bob Knight will be available.

Richard Milliman is on vacation. His column is being written in his absence by Dirk Milliman, president of Milliman Communications, which publishes newspapers in Albion, Grayling Marshall and Three Rivers.

EDITOR

'Fly-fishing only' will ruin the Manistee River too

To the editor,

I am writing in response to Mr. Petrella's letter last week, guided towards "Grandpa." First, Mr. Petrella, you are in the fly fishing industry. You make your living supplying upscale fly shops in Michigan. At least when I wrote my letter to the editor, I stated that I worked in the industry.

You would like nothing better than to see more and more rivers become "flies only" for your own selfish reason, to make more money. Tony, you know as well as I that the chance of catching a fish on a fly with a bobber, if you're a kid, is slim. But, with a worm and bobber it is greatly improved. You know what makes me sick? It is the way all of the trout organizations and its members state the same message "we only want to protect the river and its fish." When are all of you going to have the courage to state your true goal, and that is that you don't want anybody fishing the river except fly fishermen?

Tony, as for the "famous Manistee River," where did that come from? The only reason it is famous now is because the famous AuSable River fishery has been so poor due to all the regulations and no-kill, and lack of fish plant. You and your elite organizations have to find a new

river to destroy.

I remember just six years ago, when I would hear Trout Unlimited members laugh at the Manistee, and say we don't want to catch trout with eels on them. I remember when the fly shops would talk down about the Manistee. My, how things change. I even remember TU members used to state they didn't want to catch planted fish! My how things change.

I would now like to warn all bait and non-selfish fly fishermen, these trout organizations are already pushing for more fly water, so beware. I would like to clear something up. I would like to thank the Upper Manistee River Association for all the fine work they have done on the Manistee River. I believe the majority of your members believe as I do, and you all know who selfish members are. Two of your selfish members were instrumental in getting the new regulations put in place.

I also would like your help. If anybody has an attorney in their family or has a friend who is an attorney, or if an attorney is reading this I need to get some legal questions answered regarding these regulation changes. Please feel free to call me at (517) 348-4366.

John Schneider
Grayling

Choir teacher praised

To the editor,

The picture is still clear in my mind.
A dark silhouette with hands extended,
Highlighted by a rainbow of color,
Eyes following the direction of the leader.

The music was in segments,
Enhanced with narration and dance.
The group of voices sang without hesitation,
As they graciously accepted the applause.

Too soon it ended with credits and awards,
The new and old in the group of many,
Will all be recognized for a job well done,
With smiles and tears it came to a close.

Do you know what they were doing?
When the last song they sang?
That "One" from which came out of their hearts,
Is you, Karen, Choir Teacher Extraordinaire!

I'm proud of you,
Heidi

Karen Ross, my sister, did an outstanding job with the spring choir concert on Monday, May 8. The kids sounded and looked great! I'd like the whole community to know ... A job well done!

Heidi Vogel
Roscommon

Stay off, stay away, stay alive

Twenty seven people have died and 20 people have been seriously injured in Michigan since 1996, many of them youngsters, because they were on or near railroad tracks. These are 47 needless deaths and injuries.

During the month of May, the Michigan Railroads Association is joining a national effort to inform the public of the dangers of being near the tracks and our message is: "Stay off, stay away, stay alive."

Walking along railroad tracks is not only dangerous but also illegal. Many individuals, particularly children, do not understand the danger associated with activity on the tracks. In addition, railroad tracks, restrooms, yards and equipment are private property. Walking and playing on railroad tracks is trespassing, and can result in jail for 30 days and/or fines up to \$100.

As the school year draws to close, the Michigan Railroads Association, in cooperation with the Michigan Department of Transportation and Michigan Operation Lifesaver, urge par-

ents and educators to pass along the following safety tips to children:

- Trains cannot stop quickly. A freight train traveling 55 miles per hour can take a mile or more to stop.
- Do not walk, run, cycle or operate all terrain vehicles on railroad tracks or rights-of-way.
- Cross tracks only at designated pedestrian or roadway crossings.
- Do not play, fish or bungee jump from railroad trestles. There is only enough clearance on tracks for the train to pass.
- Do not attempt to hop aboard railroad equipment at any time. A slip of the foot can cost you a limb, or your life!
- Always expect a train!

This summer, when it comes to railroad tracks, remember: stay off, stay away, stay alive!

If you would like more train safety information please contact Stuart Lindsay, Michigan Operation Lifesaver coordinator, at (517) 373-3980 or the Michigan Railroads Association at (517) 482-9413.

Grayling choirs cause for pride

To the editor,

The choir concert on Monday, May 8, was an excellent example of what our youth in Grayling are capable of accomplishing. As parents, we have watched this group for the last few years. We have seen them grow from awkward, self-conscious chil-

dren into self-confident performing adults.

What a great job Karen Ross and all the students of the Grayling school choirs have done. We are proud of you!

James and Donna Carmean
Grayling

Happy to see the past is remembered

To the editor,

I was thrilled when our Grayling friends Bob and Marion Welsh presented me with the April 27 photo of my grandfather, Egge Bugley, originally published in 1959.

Whenever we are in town I scan the *Avalanche's* Year's Ago column

hoping to see some mention of my family. Although we don't spend the time in Grayling that my parents did, I still feel very connected to the town and am so pleased that there are still those who remember.

Claire (David) Rettenmund
Flint

LETTERS TO THE EDITOR

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an address and telephone number must be included to be considered for publication.

Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of The Crawford County Avalanche.

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AVALANCHE

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Check us out on the Internet at www.townnews.com/avalanche/

Avalanche Sets Early Deadlines For Memorial Day

The Crawford County Avalanche will be closed Monday, May 29 for Memorial Day, and will reopen at 9 am Tuesday, May 30.

The deadline for display ads for the June 1 issue is Thursday, May 25, 5 pm. Letters to the Editor and photographs must be turned in by noon Friday, May 26. Classified ads by the word must be turned in by Tuesday, May 30 noon.

AVALANCHE
102 Mich. Ave. • Grayling • 49738

BRIEFS

GHS Class of 1980 plan 20 year reunion

The Grayling High School Class of 1980 will hold their 20 Year Class Reunion on July 15. Invitations have been mailed and many have been returned because of address changes. Anyone class member who hasn't received an invitation or anyone who knows the address of a GHS 1980 graduate should contact Lisa Weiss Upton evenings at (517) 732-6095 or e-mail to: glupton@voyager.net; or Toni Trudgeon Johnson, evenings at (517) 348-8112 or e-mail to TJOHNSON@vista.casd.k12.mi.us.

Alumni Homecoming Dinner date changes

Notice to GHS Alumni: There has been a change in the date of the Annual Homecoming Dinner. The dinner will be held Saturday, September 16 at the Grayling Holiday Inn. Annual Newsletters will be mailed in August.

Join the 'Blessing of the Bikes'

Motorcyclists can travel to Hillman from Grayling for a "Blessing of the Bikes" on Saturday, May 20. Riders will leave from the St. Francis Episcopal Church parking lot at 10:30 a.m. sharp for the trip to Hillman. For more information, call Father Robert Henley at 348-5850.

Benefit dinner planned for Mike O'Connor

The Michael "Mike" O'Connor Swiss Steak Benefit Dinner will be held at the Grayling American Legion Hall on May 20, from 4 p.m. to 7 p.m. Cost is a donation of \$5 for adults, \$3 for children age six to 12 years and kids under six eat free. O'Connor was diagnosed with Lou Gehrig's Disease and all donations will go toward paying transportation and medical expenses. For more information, call Wilma Case at 348-1369.

Senior Honors Night is Thursday

Grayling High School will host its Annual Senior Honors Night on Thursday, May 18 at 7 p.m. in the Joseph Stripe Auditorium. A large portion of the 2000 graduating class will be recognized for their achievements with scholarships and awards. Everyone is invited to attend.

Improve your land to attract wildlife

MSU Extension is offering a special program and field tour on "Improving Your Land for Wildlife: Alternatives to Baiting and Feeding," on Friday, May 19 at the Continuing Education Center (CEC) on Campus Drive at Kirtland Community College. Registration is from 9:30 a.m. to 10 a.m. Presentations will be made from 10 a.m. to 12 p.m. After lunch a field tour will take place from 1 p.m. to 3 p.m. The fee for the program is \$10 per person and includes morning refreshments, lunch and materials. This program will discuss how landowners can improve the habitat conditions on their property to naturally attract wildlife, an alternative during the bait/feed ban. For more information, call (517) 275-5043.

Rotary Club holds Giant Garage Sale

The Grayling Rotary Club will hold its 2nd Annual Giant Garage Sale May 20-21, at J.J.'s Motor Mall to raise funds for their many community projects. Donations of clean, saleable items are still needed however, used clothing and shoes cannot be accepted. Donations will be accepted up to and including the sale dates. To make a donation, contact Jim Burch at 348-8893 or Marlin Friske at 348-8382. Hours of the sale will be 9 a.m. to 5 p.m. on Saturday, May 20 and 11 a.m. to 3 p.m. on Sunday, May 21.

Church plans spring rummage sale

Mt. Hope Lutheran Church will hold an annual Spring Rummage Sale offering furniture, appliances, household items, clothing, tank and upright vacuum cleaner bags and accessories. Sale dates are Friday, May 19 from 9 a.m. to 5 p.m. and Saturday, May 20 from 9 a.m. to 3 p.m. A "Happy Hour" bag sale, when brown paper grocery bags of sale items can be purchased at two bags for \$1, is scheduled for 1 p.m. to 2 p.m. on Saturday.

Sheriff offers free boat inspections

Crawford County Sheriff David G. Lovely said personnel from his department's Marine Division will conduct complimentary boat inspections on Lake Margrethe at the State Campground Landing on Saturday, May 27, from 10 a.m. to 2 p.m. Boats already in the water will be inspected at the dock; other boats will be inspected at the landing site on their trailers. Upon successful completion of the inspection, Michigan Sheriff's Office Safety Stickers will be issued for each vessel.

Help Center offers Summer Lunch Bags

The Crawford County Community Christian Help Center will be providing Summer Lunch Bags to families with children who receive reduced or free lunches during the school year. Families do not have to be FIA clients or have a referral to qualify for this program. Working families with one or two incomes in the household can really tell the difference in the food budget during summer vacation. Visit the Help Center during regular hours: Monday-Wednesday-Friday 11 a.m. to 3 p.m. to apply. If these hours do not meet family needs, call the Center at 348-6046 and leave a message. All calls will be returned. This program was considered a success last year and the Center expects to help even more people in 2000.

A 'Time-Out' offered to consider God

"The lonely, young people, and children are three people groups that are ministered to in a unique way in our ministry," said Bob and Ruth Klingenburg. Grayling Assembly of God, located on the I-75 Business Loop just north of Grayling, will host special meetings with the Klingenburgs on Sunday, May 21 at 10:30 a.m. and 6 p.m., and Monday-Wednesday at 7 p.m. each night. Rev. Klingenburg served as Pastor of Marriage and Family Life at the First Assembly of God in Grand Rapids. Pastor Ron Voelker and the congregation invite the public to attend.

13th Annual Memorial Day Weekend Beach Volleyball Tournament planned

Radio Stations Double Rock KLT are hosting another action-packed Annual Memorial Day Weekend Beach Volleyball Tournament.

This 13th annual event is scheduled for Sunday, May 28 at West End Beach in Traverse City. Games will begin at 9 a.m. and proceed throughout the day.

There will be a lot of volleyball action and the public is invited to

enjoy free food and beverages.

This year, a much-requested 2-on-2 tournament has been added and a co-ed 6-on-6 tournament continues to be offered.

Registration deadline is May 24 and forms are available at Double Rock KLT's offices at 1020 Hastings Street in Traverse City, or 28 Old Colony Road in Gaylord, or by calling (231) 947-0003.

Barbershop singers to visit local schools

The Harmonie Meisters all-male barbershop chorus and the Sonic Tonics quartet, along with the Northern Lights Sweet Adelines with their quartet, A Party of Four, will visit the Grayling Middle School May 22 at 9 a.m.

The singers will meet with music and choir students prior to performing for the student body from 9:30 a.m. to 10:20 a.m.

The groups will also visit Grayling High School in the afternoon, from 12:15 to 2 p.m., when they will meet with both the Viking Chorus and Concert Choir.

Chorus Directors Marlin Bird of the Harmonie Meisters and Hank

Hedges of the Northern Lights, as well as members of both musical groups agree they are thrilled to be given the opportunity to introduce Barbershop Harmony to the students and educators of music in the Grayling area schools.

Gaylord Chapter President Al Glasby said he appreciates that the principals and music teacher for both schools are allowing his groups to demonstrate four-part harmony and promises a few surprises for the students.

For more information about the Harmonie Meisters, call their Public Relations contact, Jim Quin, at (517) 786-4242.

Hawk Hill hosts low-cost pet vaccination clinic

by Cheryl Ruley
Staff Writer

A low-cost pet vaccination is once again being hosted this year by Hawk Hill Farms. The clinic will take place Saturday, May 27, from 10 a.m. to 4 p.m.

That day, pet owners can bring their favorite dogs, cats and ferrets to Hawk Hill on Beaver Road (west of Military Road and south of Four Mile Road) to receive vaccinations necessary to ensure good health at a cost that even those of little means can afford.

The primary reason the clinic is

being held is to promote disease prevention in Crawford County.

Costs are as follows:

Dogs - Rabies: \$10. DHL-Parvo: \$12. Heartworm test: \$15 (plus cost of vaccine according to dog's weight); Lyme Disease: \$12.

Cats - Rabies: \$5; Disto Rhino: \$5; Leukemia: \$10; FIP: \$10; Leukemia test: \$13; Leukemia/FIP test: \$20.

Ferrets - Rabies: \$9; Distemper: \$13.

To make an appointment or for more information, call Jill at 348-2201.

Local Habitat chapter seeks volunteers, partner families

Crawford County Habitat for Humanity (CCHH) is committed to providing decent, affordable housing to county residents. Habitat is not a giveaway program. It builds or rehabilitates houses that are sold to the partner family on an interest-free mortgage.

The \$250-\$300 monthly payments are then used to build more houses in Crawford County. The partner family also agrees to supply 250 hours of "sweat equity" for each adult in the household.

The Crawford County Housing Commission estimates that 1,000 county residents are now living in substandard housing.

The Crawford County Habitat affiliate is currently building two houses. Habitat needs building lots, appliances, construction materials, and operating funds to complete these projects. Volunteers are needed to build walls, paint, hang doors, work on fundraisers, or help feed the workers. All workers are welcome, regardless of experience.

CCHH is also accepting applications for partner families. Anyone knowing of a family that could bene-

fit from this ministry should have them request an application. The Family Selection Committee is accepting applications through July 31. Contact the local Habitat office at 344-0804 or P.O. Box 1046, Grayling, MI 49738 for more information regarding an application or volunteer work schedule.

Homeowners with money worries may qualify for low-interest loans

LOANS: Direct lender loosens its requirements for homeowners who need money now. Have you been turned down for a loan? Do you need more than \$10,000 for any reason? Are you paying more than 10% interest on any other loans or credit cards? If you are a homeowner and answered "yes" to any of these questions, they can tell you over the phone and without obligation if you qualify. High credit card debt? Less-than-perfect

credit? Self-employed? Late house payments? Financial problems? Medical bills? IRS liens? It doesn't matter! If you are a homeowner with sufficient equity, there's an excellent chance you will qualify for a loan—usually within 24 hours. You can find out over the phone—and free of charge—if you qualify. Stone Castle Home Loans is licensed by the MI Licensing and Enforcement. Open 7 days a week. Call 1-800-700-1242, ext. 322.

Financial Obligations?



Pictured L to R: Paul Thomson, Nancy McClanahan, Linda Rutter, Ron Thomson, Annette Metzger, Doronda Klee, Jill Rutner, George Stancil

Do you have a loan on your car or boat? A home improvement loan? Children to educate? Who will pay off these obligations if you die unexpectedly? Contact us about "Simplified-Issue" 5-Year

Level Term Life Insurance. Coverage is very affordable and no

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PO Box 527, M-72 E. at I-75, Grayling
348-6761 • FAX (517) 344-9059



All it was meant to be.

What is love, really? Is it romance...or being with people you like? Is it giving and receiving nice things? Is it about hard work, or sacrifice, or putting the needs of others first? Well, love can be about all those things. But there is one perfect love, God's love...and it can strengthen all others. We're your neighbors, the people of the Lutheran Church-Missouri Synod. And we want you to know that, with Jesus Christ, love really can be all it was meant to be.

Mt. Hope Lutheran Church
905 N. I-75 Bus. Loop
Grayling, MI 49738
(517) 348-5921
Sunday Services 8 & 10:30 a.m.

WE MAKE CAR BUYING FUN - WE MAKE CAR BUYING FUN

FEENY GAYLORD

FIVE ON THE DOOR MEANS YOU GET MORE!

2000 DODGE DURANGO 4.7L V-8 auto, SLT 3rd row seat, rear air, convenience group stk # 97044 ONLY \$27,195 LEASE FOR LESS Chrysler Employees Welcome	2000 PLYMOUTH NEON Auto, air, cruise, ABS stk # 984018 ONLY \$12,719 LEASE FOR LESS Chrysler Employees Welcome
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2001 RAM QUAD CAB 5.9L SLT Sport, sliding rear window stk # 78041 ONLY \$24,995 LEASE FOR LESS Chrysler Employees Welcome	2000 LHS Leather, 3.5L auto, power heated seats, chrome wheels stk # 773000 ONLY \$27,979 LEASE FOR LESS Chrysler Employees Welcome

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1999 Dodge Ram 4x4 #P011A Only \$28,999	1998 Dodge Ram Quad Cab #P0072A Only \$18,999	1998 Town & Country LXI #P038A Only \$15,999
1993 Dodge Dakota #P0155A Only \$8,499	1997 Jeep Grand Cherokee #P02053 Only \$15,999	1998 Jeep Cherokee Classic #P01057 Only \$17,999

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348-6761 • FAX (517) 344-9059

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The Bible Speaks

Elian's Protectors?

The picture of an U.S. official shocked the whole world as he pointed an automatic weapon toward Donato Dalrymple and ordered him in the name of the U.S. government to turn over 6-year-old Elian Gonzalez. Polls indicate that 94% of Americans agree that unjustified force was used. Elian has become a political pawn and symbol to many people who care little about him. Castro's communist goons would have killed without mercy both Elian and his mother had they been caught leaving communist Cuba.

A racist article appeared on the front page of the New York Press (April 26 - May 2, 2000). It was headlined, "Just Nuke Miami." In it, left-wing pundit Alexander Cockburn wrote: "There is a sound case to be made for dropping a tactical nuclear weapon on the Cuban section of Miami. The move would be applauded heartily by most Americans. Alas, Operation Good Riddance would require the sort of political courage sadly lacking in Washington these days." Extermination of American Hispanics is OK??

A mother at Ruby Ridge was shot in the head by a FBI sharpshooter as she held her baby in her arms. Tanks rammed the Davidian compound at Waco in the name of saving dozens of children. An INS officer used an MP-5 submachine gun to control the future of 6-year-old Elian. And they're always telling us they

do it for the children. How many American fathers with children are given special treatment after a broken marriage? Elian's mother died a sacrificial death to bring Elian to freedom. Why has Elian's communist father through governmental, religious, and media support received preferential treatment?

Elian has also exposed the Marxist supporting National Council of Churches. They have for decades raised millions of dollars from affiliated churches in America to finance communist guerrillas in third world countries. In the name of Liberation Theology, they have falsely used the name of Jesus Christ to promote global Marxism. Their financial and moral support for returning Elian to Cuba reminds us that their evil Marxist goals are still intact. Millions of Americans in churches which support the NCC are watching apathetically as their own money is being used to undermine their own freedom. The NCC chartered the jet that flew Juan Miguel to Washington. From its offices in New York, the NCC press office has issued statement after statement demanding that the U.S. government return Elian to Cuba.

The present administration would not order attacks on Afghanistan during Ramadan in respect for Muslims. It has also honored Jewish holidays. But for the mostly Catholic neighborhood of Little Havana in Miami, it disregarded their

holiest Easter weekend to help fulfill the wishes of Castro's religious agent, the National Council of Churches. Did patriotic American Hispanics deserve this kind of treatment? NO!

Many of the Marxist bent Hollywood crowd is also cheering for Cuba. In an exclusive interview at the Earth Day 2000 on April 22, actor Chevy Chase, a featured speaker at the rally, sang the praises of socialism and gave Cuba for his example. If Elian returns to Cuba, let the Hollywood Marxists go with him!

Elian reminds us how desperately we need a spiritual revival in America. Unless we get back to God, the Bible, and the U.S. Constitution, we will soon be controlled by global tyranny.

"Pastor B" Please pray for the ministry of this column and our church Websites at <http://freeway.net/~cba/> and at <http://www.geocities.com/Heartland/Ranch/1263> and at <http://www.i2k.com/~cba/index.html>.

We at Calvary Baptist Church invite you to learn Bible prophecy for Y2K and beyond. Join us in a verse study of the book of Revelations each Sunday morning at 10:30 a.m.

"The Bible Speaks" is paid for by concerned Christians who support Grayling Calvary Baptist Church and who assume full responsibility for its content.

Public invited to 45th annual square dance festival

The Northwest Michigan Spring Square & Round Dance Festival will be celebrating its 45th annual festival this year.

The festival begins at 7:45 p.m. on Friday, May 19 and continues through Sunday, May 21 until 7 p.m. at the Gordie Howe Arena in the Traverse City Civic Center.

Nationally known square dance

callers Randy Dougherty of Mesa, AZ and Dee-Dee Dougherty-Lotti of Minneapolis, MN will be featured. Round dance cuers will be Bob and Kay Kurezewski of Pharr, TX.

There will be workshops in the mornings and afternoons, both Saturday and Sunday for the dancers and dancing Friday and Saturday nights until 11 p.m. There will also be a dance Sunday afternoon.

Square dancing is fun. People

from all walks of life and all ages enjoy it. It is also considered a very good physical activity. Square dancing is an international activity and there are clubs in all parts of the world. But, all square dancing is called in English.

Anyone interested is invited to attend and observe the dancing and colorful outfits the dancers wear. At least 1,000 dancers are expected to participate in this event. For more information, call Len and Marlene Stokes at (231) 585-6122.

MERCY BIRTHS

Don Welch and Kerri Irwin of Grayling announce the arrival of Josie Faye Welch born April 7, 2000.

The Avalanche regrets the error in the birth announcement in the May 11 edition.

FREE BIBLE CORRESPONDENCE COURSES
Send name, address, and age to
Calvary Baptist Church
Rt. 4 Box 4103-C, Grayling, MI 49738
Call (517) 348-8356 or 348-9220

Orthodox minister schedules visit to northern Michigan

Father Dean Nastos, from Assumption Orthodox Church in Flint, will make a pastoral visit to Traverse City on Thursday, May 25.

Father Nastos will celebrate a Divine Vespers Liturgy at 6 p.m. that day at the Grace Episcopal Church, located at 341 Washington Street, across from the courthouse in Traverse City. A soup supper will follow the service.

Church spokesperson Karen Kain said she realizes Traverse City may be a bit out of the way, but since there is no Orthodox Church in

northern Michigan, Grace Episcopal Church would like to appeal to all Eastern Orthodox Christians with this special service. However, all faithful are invited to attend the service.

For more information, call (231) 932-6868.

Card of Thanks

I would like to thank everyone who participated in "Pounds of Care 2000."

Mary Neal

Church Directory

"I see you looking at me. I'm even going to let you take my picture. I may be smaller than you, but do I look scared...even one bit nervous? I think not. You see, everybody here loves me. I amuse them when I strut across the beach. They throw me food until I can't eat another bite. When I decide to leave, I do something you can't do. I just spread my wings and sail away over the sea. You see, my Creator gave me wings to fly, the most exactly engineered beak with which to eat and feet designed for sand or water. He didn't leave out anything, so why worry?"

So Why Worry?

Surely we have more brains than a seagull...but sometimes it doesn't seem that way. The human species seems to worry a lot more than seagulls. There is no need, for God tells us that "even the hairs of your head are all numbered." (Matt. 10:30) God declares that not even one bird will fall from the sky if it is not His will. So, he certainly is looking out for us. Worship this week. Learn more about the Creator. You will find that He is in control, so why worry?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Romans 8:1-17	Romans 8:18-30	Romans 8:31-39	Romans 12:9-21	Romans 13:8-14	Romans 14:1-12	1 Corinthians 13:1-13

Scriptures Selected by The American Bible Society
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Christian Science Society
209 First St. - Suite 103 - Gaylord
Sunday Service... 10:30 am
April through October
2nd Wednesday... 8 pm

Michelson Memorial United Methodist Church
Pastor Jeffrey Jagers
400 Michigan Ave. • 348-2974
Barrier Free

Sunday Worship... 8:30 & 11 am
Sunday School - Sept. - May... 9:45 to 10:45
Sunday Radio Ministry... 8 am, 101.1 WQON
Bible Study (Wed.)... 10 am

Seventh Day Adventist
Pastor Jeff Arthur
Phone 517-275-1061
Services held Saturday at Camp AuSable off M-72 East (1st building on right inside camp entrance).
Church Service... 9:30 am
Sabbath School... 10:30 am
Prayer Meeting Tues... 7 pm

Burning Bush Tabernacle
Pastor Patricia Petrie, 348-1278
501 E. Michigan Ave., Grayling
Sunday School... 10 am
Sunday Service & Children's Church... 11 am
Sunday Evening Service... 6 pm
Monday Prayer Meeting... 7 pm
Wednesday Bible Study... 7 pm
Thursday Discipleship Class... 7 pm
Significant Singles Monday... 7 pm

Grayling Assembly of God
Rev. Ron Voelker, Pastor
701 S. I-75 Business Loop
Church 348-8885 • Parsonage 348-2588
Sunday School... 9:30 am
Morning Worship... 10:30 am
Evening Service... 6 pm
Wednesday - Family Night
Adult-Youth-Children... 7 pm

The Church of Jesus Christ of Latter Day Saints
President Larry A. Cook
600 North Elm Street, Gaylord
Sacrament... 10 am
Sunday School... 11 am
Primary... 11 am
Priesthood... 12 noon
Relief Society... 12 noon

Emma Lowery United Church of Christ
3474 West Park Road, Luzerne
Sunday Worship... 11 am
Adult and Youth Sunday School... 9:30 am

Heritage Baptist
Pastor Ernie Wagner 348-1411
1841 Hartwick Pines Rd.
1/4 mile west of I-75
Sunday School... 9:45 am
Morning Worship... 11 am
Evening Worship... 6 pm
Wednesday... 7 pm

St. John Lutheran (ELCA)
710 Spruce Street
348-5224
Sunday School... 9:15 am
Sunday Worship... 10:30 am
Nursery is available

Reorganized Church of Jesus Christ of Latter Day Saints
Pastor Patricia Fowler
North Down River Rd. at 1030 Glenn Rd.
P.O. Box 1188
Church School... 9:45 am
Preaching... 11 am
Midweek Service Prayer... 7 pm

Gaylord Christian Reformed
Rev. V. Schaap
415 Ohio North, Gaylord
Sunday School... 9:45 am
Morning Worship... 11 am
Evening Service... 6 pm
Wednesday Bible Study... 7:30 pm

St. Mary's Roman Catholic Community
Robert W. Nalley, J.V., Pastor
700-708 Peninsular • 348-7657
Sabbath Eucharist
Saturday Vigil Mass... 6 pm
Sunday Masses... 8:00 am
Family Mass... 10:00 am
Scripture Study (Sundays)... 9:15 am
Daily Masses... 8:30 am
Wednesday & Fridays... 8:30 am

First Baptist Church of Frederic
Pastor Dale Hammond
Sunday School... 9:45 am
Morning Worship... 11 am
Evening Worship... 6 pm
Wed. Prayer & Bible Study... 7 pm
Blessing Radio (Internet)
<http://blessing-radio.com>

New Life Ministries
Pastor Jimmie McWatters
Grayling Days Inn Conference Room
517-536-7933 • jmcwat@freeway.net
Sunday Services... 11:00 am

Calvary Baptist Church
Dr. Robert Barnett, Pastor
M-72 West
Sunday School... 9:45 am
Morning Worship... 10:30 am
Evening Worship... 6 pm
Mid-Week Services
Wednesday... 7 pm
Prayer & Awana Club (Wed.)... 7 pm

Church of Christ
Gordon French, Pastor
Old US-27 at Skyline Rd. • 275-8613
In Search of the Lord's Way
Sunday Mornings on TV 29 & 8... 9 am
Sunday Classes... 10 am
Sunday Worship... 11 am
Sunday Evening... 6 pm
Wednesday
Mid-Week Bible Study... 7 pm

Bear Lake Christian
M-72 & East Bear Lake Rd.
Sunday School... 9 am
Sunday Service... 10 am

The Church of Christ with the Elijah Message
Pastor Paul Rolfe
7662 Kelly Ave., Frederic
Sunday Worship... 10 am & 7 pm
Wed. Prayer Service... 7 pm

Abundant Life Tabernacle
Pastor Lyle Studer
211 Shellenbarger St. • 348-5325
Sunday School... 10 am
Sunday Worship... 11 am & 6:00 pm
Wednesday Evening... 7 pm

Grayling Baptist Church
Affiliated with S.B.C.
Pastor Terry Colby
705 Madsen St. • Grayling
Meeting at Hanson Hills • 348-2557
Sunday School... 9:45 am
Morning Worship... 11 am
Evening Service... 6 pm
Wednesday Service... 7 pm

Harvest Time Church of God
Pastor Fred Kauts
506 North Birch St., Kalkaska
(616) 258-3448
Sunday School... 10 am
Worship Service... 11 am & 6 pm
Family Training Hour and Prayer
Wednesday... 7 pm

Lovells Chapel
Pastor Rev. D. Dean Coursey
Sunday School... 10 am
Chapel Service... 11 am
Wednesday Prayer Meeting... 7-8 pm

Free Methodist
Joseph Carpenter - Pastor
6652 (M-72 W.) • 348-9093 or 348-5362
Early Service... 8:30 am
Sunday School... 10 am
Morning Service... 11 am
Prayer Meeting (Wednesday)... 7 pm

Mt. Hope Evangelical Lutheran-Missouri Synod
Rev. Paul Boerger, Pastor
905 N. I-75 Bus. Lp. • 348-5921 • 348-6504
Sunday Worship... 8 & 10:30 am
Sunday School & Bible Study... 9:15 am
Wednesday am Bible Study... 9 am

St. Francis Episcopal
Rev. Robert Henley
M-72 West - Office 348-5850
Sunday Holy Eucharist... 8:30 & 10:30 am
Morning Praise... 10:30 am
(the second Sunday of each month)
Adult & Children's Sunday School... 9:30 am
Sunday nursery provided... 10:30 am
by Licensed Daycare Professional
Adult Choir Practice (Wednesday)... 6:45 pm

St. Martins Ev. Lutheran (Wels)
Herbert R. Filter - Pastor
For information call 275-5443
Services held at the Roscommon Community Center, Sunday mornings at 9 am, 510 South St., Roscommon, MI.

Luzerne Baptist
Pastor James Durfee
2247 Durfee Lane
Sunday School... 10 am
Sunday Morning Worship... 11 am
Sunday Evening Worship... 6 pm
Wednesday Bible Study... 7 pm

Unity of Gaylord
Rex Franklin, Minister
Otsego Twp. Hall, Waters • (517) 786-3913
Sunday Services... 10:30 am
Sunday School... 10:30 am

This Church Directory is sponsored by the following community-minded individuals and businesses

LADY SLIPPER & MARY'S CORNER BOOK SWAP
Mary Coy & Bill Coy
203 Michigan • 348-4731

GRAYLING REEL, INC.
4622 West Young Road
Phone 348-5071 • Grayling

GRAYLING GLASS COMPANY
Ken & Carol Tasker
503 McClellan • Grayling • 348-6641

HOLIDAY INN
2600 I-75 Bus. Loop South
348-7611 • Grayling, Mich. 49738

ELIAS BROTHERS' BIG BOY RESTAURANT
Stop in after church for brunch
348-7654 • 2222 S. Grayling Rd.

MERCY HOSPITAL GRAYLING
"Caring for the Quality of Your Life"
1100 Michigan Avenue
Grayling • 348-5461

SUZANNE J. TOUPIN D.C. MILLTOWN CHIROPRACTIC
1406 I-75 Business Loop
Grayling, MI 49738

DON KERNSTOCK LICENSED BUILDER
New Home Construction
Remodeling • Garages
348-8945 • Grayling

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235 Michigan Ave. • Grayling, MI 49738

CORNELL REALTY, INC. CORNELL AGENCY, INC.
REAL ESTATE & INSURANCE
I-75 Bus. Loop South • Grayling, Mich.
Phone 348-6761 and 348-6481

HAMRICK REAL ESTATE CO.
J. Lee Hamrick, Owner-Broker
I-75 BL • across from "Golden Arches"
348-5433
Home • 348-8336

SUPERIOR JANITORIAL SERVICES, INC.
Commercial Cleaning Service
Phone 348-2114

COMFORT CENTER
"We Furnish the Comfort... the Rest is Up to You!"
The Miracle Mile • Grayling • 348-2961

OLD KENT BANK OF GAYLORD
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New business offers venue for local artists and crafters

by Cheryl Ruley
Staff Writer

Over 40 consignors from a 30-40 mile radius around Grayling have placed their works on display for sale at Northern Concepts, a new business on Michigan Avenue.

Owners Rita Collis and John Howe worked for weeks to bring the atmosphere of the shop to one that is pleasing to the senses and conducive to browsing among the many hand-crafted offerings as well as baskets, greeting cards and a selection of Michigan-themed books.

There are many different styles and motifs of goods at Northern Concepts -- from rustic to ornate -- and different art forms sure to strike just about everyone's fancy. Local artists are selling Petoskey Stone jewelry, candles, colorful handmade wool blankets, high quality Native American ceramics, handmade soaps, stained glass hand mirrors, wreaths, silk flower arrangements, pewter ware, hand-carved wooden lamps, furniture and shelving. There are even some unique antler carvings for sale.

Because Northern Concepts was created to offer customers a variety of quality arts and crafts, Collis said items in the store have to pass a jury of four judges. If approved, a consignment contract must be signed by both the artist and the owners, then items can be put on display for sale.

Both Howe and Collis have expe-



Photo by Cheryl Ruley

Northern Concepts, a gift shop where local artists and crafters can sell their wares on consignment, opened at 227 Michigan Avenue in Grayling on April 12. Owners John Howe and Rita Collis said the community's reaction to their new business has been encouraging and look forward to being part of the Uptown District for years to come.

rience in the world of creativity. Howe has been a longtime area builder, specializing in finish work that is quite apparent by the beautiful diagonal wood paneled walls of the store. Collis owned an operated

a full service ceramic shop in Broughton, Ohio for four years before moving to northern Michigan. Some of her ceramic work is for sale at Northern Concepts.

Store hours are Monday-Saturday, 10 a.m. to 6 p.m. Beginning Memorial Day weekend, Northern Concepts will be open seven days a week. For more information, call 344-2827.

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GRA names Playground Program Director

► Hanson Hills program offers a variety of activities for local youngsters

Grayling Recreation Authority (GRA) is pleased to have Krista Alef directing the Playground Program at Hanson Hills this summer.

Alef recently finished her second year at Grand Valley State University and plans to major in advertising and public relations with a minor in psychology. She has worked for GRA for several years, three of which she has served as an instructor for the Playground.

"We are very pleased to have Krista running the playground program this summer. She is wonderful with kids and will bring lots of new ideas to the program," said GRA

Program Director.

The Summer Playground Program has been through some changes in the last few years, but Alef has reverted it back to its original format.

The program offers children the opportunity to participate in structured activities while having a good time. It includes weekly field trips, several guest speakers, and a variety of outdoor activities to choose from.

The 2000 Playground Program will begin on Monday, June 12. The program will run Monday-Friday from 9 a.m. to 5 p.m. until August 25. Fees for participating in the program are:

- 1 child - \$3/hour, \$20/day, OR \$90/week
- 2 children - \$4/hour, \$28/day, OR \$130/week
- 3 children - \$5/hour, \$38/day, OR \$180/week

Some general rules for the 2000

Playground Program include:

1. please do not send your child if he/she is ill or in any way contagious;
2. arrival time is no earlier than 8:45 a.m. and departure time is no later than 5:15 p.m.; if you can not pick up your child at this time we ask that you make other arrangements, such as Dial-A-Ride;
3. please dress your child appropriately according to the day's activities and weather conditions;
4. parent or guardian must fill out a child release form if someone else will pick up the child;
5. permission slips are required for field trips;
6. some additional costs may be incurred for field trips;
7. children may be sent home for inappropriate behavior;
8. children must bring their own lunch;

The program is open to children



Krista Alef
Hanson Hills Playground
Program Director

in kindergarten through 11 years of age.

For more information, or to sign your child up for this program, please call (517) 348-9266 or stop by Hanson Hills and pick up a registration form.

Otsego Memorial to build new MedCare Walk-In Clinic

Visitors to Otsego Memorial Hospital's MedCare Walk-In Clinic will have something new to look forward to by January 2001. Not only will the clinic continue to meet the urgent care needs of residents and visitors, and occupational medicine needs of businesses in the region, but also provide services in a larger facility with convenient access and parking.

In 1992, OMH formed a walk-in clinic in conjunction with the Hospital's Emergency Department. The dual facility enabled people to walk in without an appointment and be treated for minor medical problems at reduced rates.

The popularity of the service grew, and in 1996 OMH opened an independent facility - the existing MedCare Walk-In Clinic on South

Otsego Avenue.

Since 1997, the demand for the service by residents and visitors to our community has more than doubled. In fiscal year 2000, visits to the clinic are expected to exceed 13,500.

To accommodate the growth of the service, in both urgent medical needs and occupational medicine, the OMH Board of Directors unani-

mously approved in April a proposal to build a Hospital-owned building for the clinic on McCoy Road, near Dialysis Services of Gaylord.

The new MedCare Walk-In Clinic will feature separate waiting rooms and treatment areas for medical and occupational needs. Larger office space accommodations will be available, and laboratory and x-ray rooms will be included.

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Mercy and Holy Cross consolidate

Holy Cross Health System and Mercy Health Services have completed their consolidation agreement, creating Trinity Health. The consolidation was effective May 1. Mercy Hospital Grayling is a member of Trinity Health and was formerly sponsored by Mercy Health Services.

"We are confident that Trinity Health will provide us with opportunities to strengthen our ability to serve our patients," stated Stephanie Riemer Matuzak, CEO.

Trinity Health brings together more than 50,000 people, partners with nearly 10,000 physicians, and represents more than \$200 million annually in community initiatives and care for the poor. It has combined assets of \$5.1 billion and serves people in seven states.

"The long-term goals of Trinity Health include improving community health, especially to the poor and underserved; delivery of compassionate and high-quality affordable healthcare; strengthening Catholic healthcare and being a strong voice in establishing healthcare as a social right in the United States," said Judith Pelham, Trinity Health President and CEO.

Holy Cross Health System was based in South Bend, Indiana, and Mercy Health Services in

Farmington Hills. The new corporate office for Trinity Health will be in southeastern Michigan. The site has not yet been selected. Some services and an office will also remain in South Bend.

Trinity Health is the third largest Catholic healthcare system in the U.S., with net revenues of \$4.2 billion. Trinity Health operates or is affiliated with 44 hospitals, 342 outpatient facilities, 31 long-term care facilities, 28 home healthcare offices, and 20 hospice programs. Trinity provides an insurance product, which operates a health maintenance organization, and a preferred provider organization.

Trinity Health is co-sponsored by the Sisters of Mercy, Regional Community of Detroit and the Congregation of the Sisters of the Holy Cross.

Local Red Cross aids forest fire crews

Volunteers of the Northern Lower Michigan Chapter of the American Red Cross responded to the recent wildfire in Crawford County on Saturday, May 6. Firefighters from surrounding counties were called in to assist in the operation in Lovells and the Red Cross responded by providing cold beverages to the firefighters during their efforts.

The Red Cross provides disaster relief to families within a 12 county geographic region in the form of emergency food, clothing, and shelter. Part of disaster relief includes assisting emergency personnel with hot or cold beverages and food so they may continue their crucial efforts. Disaster education to interested individuals and organizations is available as well.

The Red Cross is a volunteer led

organization that relies on its volunteers to provide crucial services. Numerous volunteer opportunities are available to those who would like to help others in time of need. Please contact the Red Cross for information. With your help. "Together, We'll Be There."

The Red Cross is not a government agency and receives no funding from the government. The Northern Lower Michigan Chapter provides its essential services by the voluntary gifts of time, blood, and money by the people of northern Michigan.

For financial donations, volunteer opportunity information or health and safety course registration, please call any of the local Red Cross offices at (517) 348-9745, (517) 732-7161 or 1-800-691-6059.

Grayling Hospital for Animals receives accreditation

The Grayling Hospital for Animals is now an accredited hospital member of the American Animal Hospital Association. About 15 percent of all small animal veterinary facilities in the U.S. are accredited hospital members of the association. In order to maintain accredited status, Grayling Hospital for Animals must continue to be evaluated regu-

larly by the association's trained consultants.

To achieve this distinction, the Grayling Hospital for Animals voluntarily participated in a comprehensive evaluation by the American Animal Hospital Association. The evaluation includes a quality assessment review of the hospital's facility, medical equipment, practice

methods and pet care management.

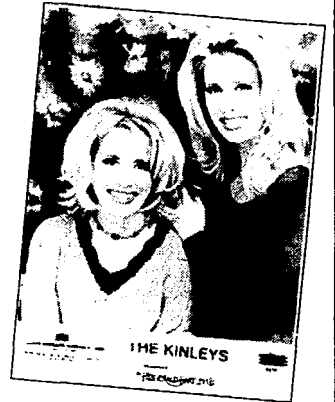
The American Animal Hospital Association is an international organization of more than 16,000 veterinary care providers who treat companion animals. Established in 1933, the association is well known among veterinarians for its high standards for hospitals and pet health care.



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SENIOR CITIZEN NEWS

by Jan Farley

Special thought for your week ahead: When you look for the good in others you discover the best in yourself.

Upcoming events at the Senior Center:

May 17 - Hearing Clinic by appointment (1-877-938-0015); COA Board at 5:30 p.m.

May 18 - Lucky 7 casino trip at 10:30 a.m.; Blood pressures and sugars measured 11 a.m. - noon.

May 19 - Pantry Bingo at 1 p.m.

May 22 - Hangman at 5:30 p.m.

May 23 - Ellie Mae's Country Dance at 5:30 p.m.

May 24 - R & R at 5:30 p.m.

May 25 Blood pressures and sugars measured 11 a.m. - noon; Cardio at 5:30 p.m.

May 26 - Pantry Bingo at 1 p.m.

May 29 - Center Closed

Meals are served at the Senior Center at noon and at 5 p.m. Monday - Thursday; a noon meal is served on Friday. Please call for

reservations at (517) 348-7123 or 1-888-355-4500 so that amounts can be planned, however, walk-ins are welcome.

MEALS FOR MAY 2000

May 17 - Pot Roast/Spaghetti and Meatballs

May 18 - Oven Pork/Meatloaf

May 19 - Sweet and Sour Pork/no dinner

May 21 - Pancake Brunch

May 22 - Breaded Fish/Italian Round Steak

May 23 - Chicken ala King/Connecticut Ham Dinner

May 24 - Roast Beef/Roast Chicken

May 25 - Stuffed Peppers/Tuna and Noodle Casserole

May 26 - Ham Steak/no dinner

Hot dog sale at Glen's May 26 and 27 - 1 dog, one drink, \$1.

Special thought to leave you with: Personality has the power to open many doors, but character keeps them open.

CRAWFORD COUNTY LIBRARY NEWS

Beaver Creek Township Library is the name of the new branch library of the Crawford County Library. Opening of the Beaver Creek Township Library is scheduled for the second week of June.

The new library will be located in the Township Hall at 8888 S. Grayling Road. The hours will be Tuesday, Wednesday and Thursday from 9 a.m. to 2 p.m. Books will check out for four weeks with a fine

of 5c per day when overdue. Inter-library loan will be available along with requests for purchase.

Donations of books for the new branch library are being accepted at the Beaver Creek Township Hall and the Crawford County Library.

The Bill and Melinda Gates Foundation have approved two computer workstations and a printer for the Beaver Creek location. The workstations will be Internet ready and have software for educational purposes.

The Crawford County Library Board approved a line item to cover books, an employee for three months, shelving and other miscellaneous items needed to run a library.

For more information, call 348-9214.

To join the Friends of the Library, call the library at 348-9214 or Shirley Schmooch at 348-5132.

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OBITUARIES

Florence P. Case

Jun 6, 1943 - May 15, 2000

Florence Patricia Case, 56, of Grayling died Monday at Munson Medical Center.

Mrs. Case was born in Pontiac, the daughter of Wilson Cox Sr. and Ila Baldwin. The former Florence Cox married Ronny Case December 6, 1961 in Grayling. She lived most of her life in Grayling and was a homemaker.

She was a member of the Grayling Youth Bowling Volunteers. She enjoyed doing crafts. Mrs. Case was a kind person, who always had a nice word to say about someone.

She was preceded in death by her parents.

She is survived by her husband, Ronny; one daughter, Denise Case of Grayling; one son, Dennis Case of Grayling; one sister, Loretta (Carson) Kinney of Grayling; two brothers, Wilson "Butch" (Sarah) Cox Jr. of Mt. Pleasant and Richard "Rick" (Robin) Cox of Frederic.

No services have been arranged at this time.

The family was served by the Sorenson Funeral Home, Inc.

Calvin Hawley

Sep 25, 1928 - May 1, 2000

Memorial services for Calvin Hawley will be held at 2 p.m. Saturday, May 20, at the Beaver Creek Community Center.

Elsie M. Larson

Interment services for Elsie M. Larson, who died December 20, 1999, will be held at Elmwood Cemetery, Grayling, at 11 a.m. on Wednesday, May 24.

SHERIFF'S REPORT

The following 112 complaints were handled by the Crawford County Sheriff's Department during the week of May 8 - May 14:

One structure fire; four driving violations/DWLS etc.; seven delinquent minors; three false alarms; one accident-fire; seven hazardous conditions; 34 general non-criminal; 11 traffic accidents (seven car-deer); one parking violation; two motor vehicle inspections; two civil matter disputes-family trouble; three suspicious situations; one missing person; one assault/intimidation/stalking; one assault and battery/simple assault; two burglary/home invasion; two larceny; one embezzlement-business property; two damage to property; one drug/narcotic violation; six public peace/disorderly; 15 health and safety (14 of which were animal control); and three miscellaneous criminal offenses.

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Andrew S. Bloos

Mar 22, 1918 - May 15, 2000

Andrew "Andy" S. Bloos, 82, of Higgins Lake died Tuesday at Autumnwood Nursing Home in McBain after an extended illness.

Mr. Bloos was born in Yugoslavia, the son of Andre and Elizabeth (Pfeffer) Bloos. They immigrated to this country from Germany when Andy was a young boy. He married the former Edna Larson August 3, 1940 in Chicago, Illinois.

Mr. Bloos served in the U.S. Army during World War II. He retired from the auto industry where he worked as a truck driver. He was a resident of the northern Higgins Lake area for over 40 years. He was a hard worker, an avid reader, lover of nature and his flowers and a life-long sports enthusiast. He attended St. Hubert Catholic Church in Higgins Lake.

He was preceded in death by his parents, one brother, two daughters and one son.

He is survived by his wife, Edna of Higgins Lake; two daughters, Alleen (Dave) Moore of Cadillac and Carol (Jim) Norman of Cadillac; four sons, Robert (Virginia) Bloos of Chicago, Illinois, Joseph Bloos of Higgins Lake, Andrew Bloos of Grand Rapids and Dwayne (Tina) Bloos of Junction City, Kansas; 15 grandchildren; and 19 great-grandchildren.

Visitation will be Wednesday, May 17 from 7 p.m. to 9 p.m. at the Sorenson Funeral Home.

Funeral services will be held Thursday, May 18 at 11 a.m. at the Sorenson Funeral Home with Chaplain Ron Klimp officiating. Burial will be in the Elmwood Cemetery.

Arrangements by Sorenson Funeral Home, Inc.

James H. Remer

Jun 19, 1923 - May 11, 2000

James H. Remer, 76, of Grayling died Thursday at the Grayling Nursing Centre.

Mr. Remer was born in Grayling, the son of William Rudolph Carl and Ella Mae (Lipheart) Remer. He served in the U.S. Navy during World War II. He was a member of Disabled American Veterans. He enjoyed collecting rocks, and having coffee with his buddies at Goodale's Bakery.

He married the former Eileen Parker on October 5, 1968 in Grayling.

He was preceded in death by his parents and two grandchildren.

He is survived by his wife, Eileen; one sister, Margaret Remer of Grayling; one brother, William Remer of Michigan; three step-daughters, Barbara (Wilson) Fessenden of Hannibal, Missouri, Donna (George) Carpenter of Azel, Texas, and Joyce (Billy) Darnell of Gerald, Missouri; nine grandchildren; 22 great-grandchildren.

Graveside services were held Friday, May 12, at 2 p.m. in Elmwood Cemetery. Reverend Joseph Carpenter officiated.

Arrangements were made by Sorenson Funeral Home, Inc.



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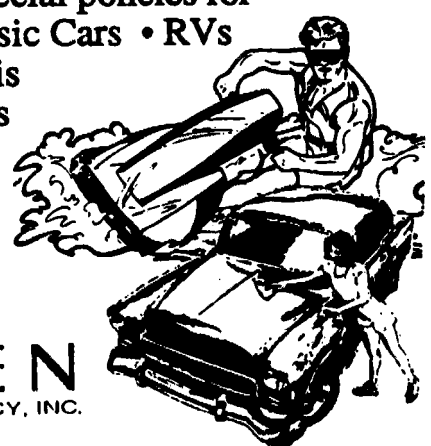
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Forest fire gives disaster team first challenge

The volunteers of the Northern Lower Michigan Chapter of the American Red Cross in Oscoda County responded recently to their first Disaster Relief effort since becoming a newly formed Disaster Action Team. Disaster Action Teams are Red Cross trained volunteers that help victims of disaster, whether it is a natural disaster or man-made.

New volunteers recently completed Red Cross training in disaster response to assist residents in time of need.

One aspect of disaster relief is to assist Emergency Services personnel by providing them with hot or cold beverages and food. Local disaster relief to families includes helping them meet their temporary immediate living needs of food, clothing and shelter due to situations such as single family fires.

Oscoda County residents are also aware of Red Cross assistance that was provided in last year's tornado in Comins.

During the recent wildfire in

Oscoda County, Red Cross volunteers arrived on scene Sunday evening, April 30 and continued canteen efforts until late Tuesday, May 2. "During the endeavor nearly 400 emergency personnel were on scene and canteen assistance was available to them," said local volunteer Michelle Lawrence, Disaster Action Team County Coordinator.

The American Red Cross is not a government agency and receives no funding from the government. The Red Cross provides its crucial services by the voluntary donations of time, blood, and money by the American people.

To contribute to this or other local disaster relief, volunteer opportunity information, and health and safety course registration, please call the Red Cross at (517) 732-7161 or (800) 691-6059.

You may send your check or money order to American Red Cross Northern Lower Michigan Chapter, 1349 S. Otsego Ave., Gaylord, MI 49735.

Phillips and Malonen engaged



Jennifer Phillips and Bennett Malonen

Richard J. and Susan A. Phillips announce the engagement of their daughter, Jennifer Nicole Phillips, a 2000 graduate of Grayling High School, to Bennett E. Malonen, the son of Monte Malonen, and Scott and Jonni Malone of Grayling.

Bennett, a 1998 graduate of Grayling High School is stationed in Fairbanks, Alaska with the U.S. Air Force.

A June 3 wedding is planned. The couple will then reside in Fairbanks, Alaska.

RANGE FIRING

Range firing is scheduled during May 17 through May 23.

Range 40 Complex, Air to Ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618 and west of County Rd. F97 (Twin Bridge Rd.).

Range 40 Complex, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618 and west of County Rd. F97 (Twin Bridge Rd.). Military maneuvers and anti armor training.

Small Arms Ranges located west of Lake Margrethe, north of Howe

Road, east of the gas pipeline and south of Portage Creek.

Range 17, Hand Grenade Range located south of the main post, north of Carrier Rd., east of Range 13 and west of Beaver Creek (Military Rd.).

During April and May, controlled burning of underbrush and downed trees will be conducted on Camp Grayling range impact areas, weather permitting and in coordination with the Michigan DNR to reduce further fire danger.

For further information, call (517) 344-6107 or (517) 344-6152/56.

GRAYLING POLICE REPORT

The following 59 complaints were handled by the Grayling Police Department from May 7 through May 13:

Four false alarms, four animal control complaints, three misdemeanor arrests, one assault, one assist to another department, one city ordinance violation, two civil complaints, one domestic complaint, one forgery, seven juvenile

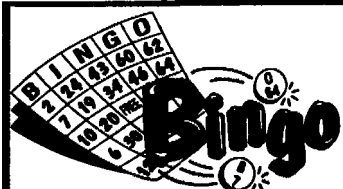
complaints, five larcenies, one suspicious situation, three private property accidents, one traffic accident, four civil infraction citations, four misdemeanor citations and 16 miscellaneous complaints. In addition, 7 traffic warnings were given.

LOVELLS TOWNSHIP LIBRARY NEWS

New titles at the Lovells Township Library include *Win or Lose* by Judge Judy Scheindlin, *Before I Say Goodbye* by Mary Higgins Clark, *Half Moon Street* by Anne Perry, *Wedding* by Danielle Steel, *Left Behind* by Tim LaHaye, and *Season Beyond a Kiss* by Kathleen Woodiwiss.

Benjamin Duby, Branch Librarian, just finished *Monster* by Jonathan Kellerman and is looking forward to reading *The Empty Chair* by Jeffrey Deaver. Duby is a full time employee at the Crawford County Library with nine of those hours working at the Lovells Township Library. He orders books and materials, processes and catalogs them. The remaining hours the Lovells Library is open are run by a dedicated corps of volunteers.

The Lovells Township Library is open Tuesday, Wednesday and Thursday from 10 a.m. to 3 p.m. and Saturday from 12 noon to 3 p.m. Telephone: 348-9215.



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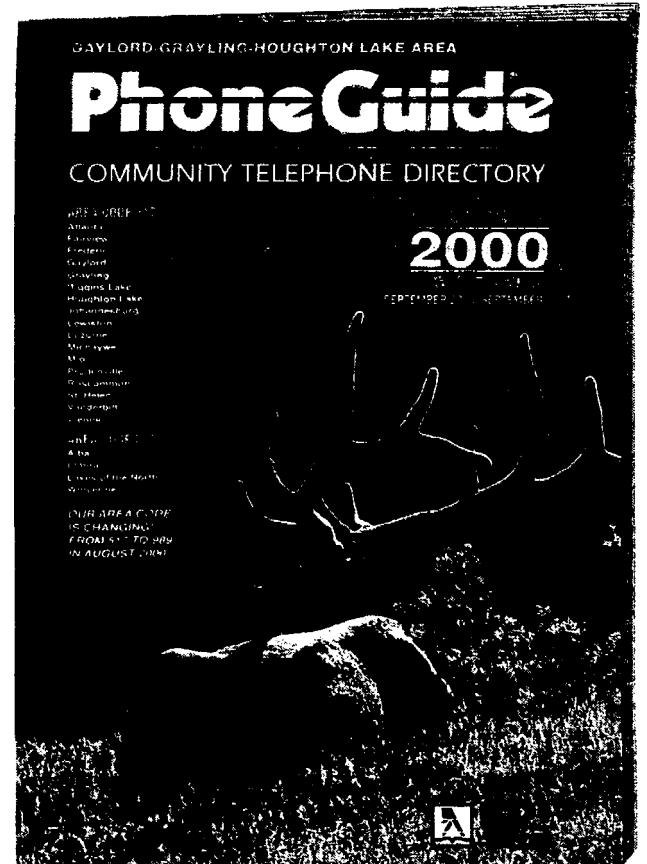
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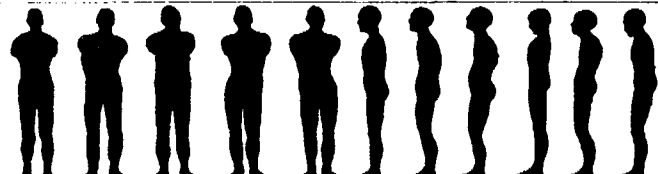


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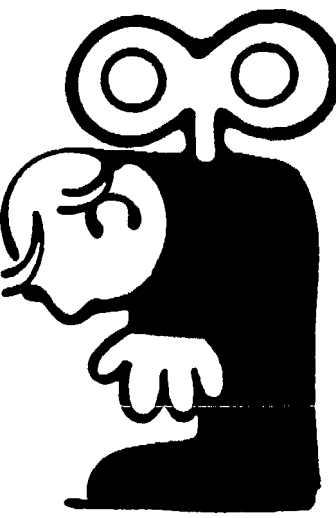
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Two local school programs earn awards

by Cheryl Ruley
Staff Writer

According to the Michigan Association of School Boards (MASB), "Excellence in public education is flourishing in Michigan!"

Grayling High School and Grayling Elementary School were two of seven northern Michigan schools recognized in the annual Michigan's Best: Education Excellence Award program of the MASB.

Around the state, 33 exemplary school programs have been awarded for the year 2000 and 21 programs are receiving honorable mentions. Ten others are being recognized for outstanding achievement in specific education-related areas.

Criteria for determining winning program entries include originality, improved student achievement and cost effectiveness. Winning programs may go on to state-level and possibly national conferences.

Grayling Elementary School received the award for its Kindergarten-5/6 Rising Star: "Power Skills" program. The program uses music to stimulate learning and is designed to integrate ten social skills into daily student life and core curriculum.

Each month assemblies are used to present the attributes of a certain social skill to "emphasize empathy, celebrate diversity and teach students how to make wise choices."

Attention: Senior Citizens

The Foster Grandparent Program featured in a story in the May 11 edition of the *Avalanche* is looking for Crawford County grandpas and grandpas to share their time with the younger generation in many different settings.

To learn more about the program, contact Laurie Sauer at Northeast Michigan Community Services Agency (NEMCSA) in Alpena by calling (517) 356-3474, ext. 263.

Coloring books, pop songs, puppets, skits and dance are all part of the program that also involves the students' families.

Grayling High School received the award for its "Principles of Technology" program which, in 1999, featured the construction of a light-seeking, computer interfaced robot that took first place in state

competition

Other projects included in the program are those that involve physics where labs using mechanical, fluid, electrical and thermal energy systems are performed. Students also may get the chance to strip down cars and build computers as part of course curriculum.

Students can receive credit from

Kirtland Community College for course completion. Enrollment into the Principles of Technology course has increased 32% since its inception.

Northern lower peninsula winners will be recognized May 18 at a dinner and Awards Ceremony hosted by MASB at Hillman Junior-Senior High School.

Moore named Outstanding Key Club Lt. Governor

Grayling High School Senior, Sam Moore, received the "Bill Hersher Outstanding Lieutenant Governor" Award on April 28 at the 49th Michigan District of Key Club International's Convention in Kalamazoo. Moore was given the award for his outstanding work and contributions to northern Michigan.

In April 1999, Moore was elected as Key Club Lt. Governor for Division 1. This territory spans an area from Lake Michigan to Lake Huron, and from US10 in Midland to M32 in Gaylord.

In January, Moore was appointed to serve a vacant position as Lt. Governor of Division 11. This division goes from M32 in Gaylord to the Mackinac Bridge and includes the entire eastern half of the Upper Peninsula. "It was sometimes difficult juggling two Divisions," said Moore, "but, in the end, it paid off."

During his term Moore built three new clubs in Division 1, built one new club in Division 11 along with reactivating a club. Moore achieved the distinction of building the most clubs in northern Michigan within one year.

Under his leadership the clubs in northern Michigan performed over



Sam Moore

16,000 hours of service for their homes, schools and communities. "This is absolutely astonishing to think that high school students can have such a large impact within their communities," said Moore.

On April 30, Moore handed his position over to Jessica Misner from Benzie Central High School, who will take his place on the state board. "It was rather tough for me to give up my position, but I am closing a chapter in my life," Moore

said. "Next year I hope to begin a new chapter by joining Circle K, the college division of Kiwanis International."

The Governor of the Michigan District of Key Club International chooses the Outstanding Lt. Governor Award each year. This year's Governor was Heather L. Good from Wyandotte. She said, "Upon meeting Sam Moore two years ago, I was immediately impressed with his strong leadership and character. On the district board, Sam has been one of the greatest assets not only to the board, but to the entire state."

"His compassion toward others and loyalty to Key Club International shine through everything he does," said Good. "and I chose to award him as the Outstanding Lt. Governor for the 1999-2000 year because of the amount of exemplary dedication and service he gave to both divisions he led throughout the year."

Moore is the son of Steven and Sandra Moore of Grayling. He is the grandson of Betty Madsen and Howard and Wanita Madsen of Grayling; and Walt and Ginny Brozowski of Gaylord.

HONORS

Missouri Valley College

Marianne Vollmer, a senior at Grayling High School is planning to attend Missouri Valley College in Marshall, Missouri. Her declared major is Education with emphasis in history. Vollmer plans to participate in wrestling at Missouri Valley College.

Lake Superior State University

Michael L. Johnson Jr. of Grayling received a bachelor's degree in Criminal Justice during commencement ceremonies in April.

While at LSSU, he was active in SAILS (Student Alumni Involved for Lake State) where he held executive office for one year.

Following graduation from

LSSU, he plans to obtain employment as a police officer in northern Michigan.

Johnson is a 1995 graduate of Grayling High School. He is the son of Lynn S. Johnson and Michael L. Johnson of Grayling.

Adrian College

Brooke I. Blaauw received a bachelor of arts degree, *summa cum laude*, in human services. Blaauw, a 1996 graduate of Grayling High School, was awarded the Alpha Chi Scholarship, the Outstanding Senior in Human Services and the Alumni Award to Outstanding Senior.

She is the daughter of Jed and Mary Kay Blaauw of Grayling.

Central Michigan University

Sara Joan Bobenmoyer received a Specialist in Psychological Services degree from Central Michigan University on May 7, 2000. She is currently employed as the school psychologist for the Crawford AuSable School District.


Attending her graduation from Grayling were her mother, Joy Rasmussen and grandparents John and Joan Rasmussen.

Roscommon High School accreditation renewed

Principal Dan Scow of Roscommon High School announced on May 8 that the school's North Central Association of Colleges and Schools (NCA) accreditation has been extended through the 1999-2000 school year.

This action was taken at the NCA's Annual Meeting in Chicago, Illinois on April 4.

"Along with hosting periodic on-site evaluations by a visiting team of educators, each NCA school is accredited on the basis of an annual report of conditions in the school and such supplementary information as the Commission on Schools requests," Scow explained. "The continued accreditation means that the conditions for effective education exist in the school."



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Mercy team captures Pictionary title

Submitted by Deb Zelek and Mary Jo Bickman, GPA

The 13th Annual Pictionary Olympics was held on April 28 at the Knights of Columbus Hall in Grayling. This year, 20 teams competed for the First Place trophy.

Sponsored by the Grayling Promotional Association (GPA) we saw lots of new faces and some of our regulars trying to get their teammates to guess words such as "bulge" - "span" - "cake" and "Salem."

After the first two rounds, our top three leaders were the Michigan Avenue Maniacs, with 19 seconds for two words; Weyerhaeuser Team #1 with 20 seconds, and a tie for Third Place between Mercy Hospital Team #1 and Mercy Hospital Team #2.

Round #3 proved to be the toughest round. Half the teams ended up not being able to get their teammates to guess the word in the category of "Action" words. Teams had 60 seconds to guess the word and if they don't, then they are penalized 30 seconds for a total of 90 seconds.

That extra 30 seconds can really damage your scores. Just ask the new team on the block - the Grayling Rotary Club team. They ended up in last place with a new Pictionary record of 301 seconds. But, they stood proud among the winners: First Place - Mercy Hospital Team #1, Second Place - Weyerhaeuser Team #1, and Third Place - Weyerhaeuser Team #2.

Everyone appeared to have a great time and most said they will be back next year for another shot at the title.

Serving as Master of Ceremonies was John Jones; as the honorable judges were Monte Burmeister and Alton "Tom" Davis; as timekeepers were Mark and Marilyn Hartman; GPA's very own Marianne Gosnell was the word portrayer; and ticket sellers were Scott Bickman, Randall Hartley and Jane Croze. Bill and Pat Ruddy allowed everyone to express themselves and the Comfort Center provided comfortable sofas.

Final standings: Mercy Hospital Team #1 - 82; Weyerhaeuser Team #1 - 88, Weyerhaeuser Team #2 - 120, Summers Dealer Services, Inc. - 138, Mercy Hospital Team #2 - 144, Michigan Avenue Maniacs - 154, Chemical Bank North #2 - 183, MATES - 196, Scheer Motors Inc. - 202, ABWA - Mickey Perez - 206, GPA - 219, Coldwell Banker Cornell Realty Team #1 - 227, Century 21 River Country - 234, Chemical Bank Team #1 - 234, Grayling Big Boy - 238, Mercy Primary Care Associates - 240, Riverland Gear & Dry Cleaning - 281, Citizens Bank - 285, Coldwell Banker Cornell Realty Team #2 - 291, Grayling Rotary - 301.



2000 Pictionary Champions are Andrea Johnson, Jill Grudzien, Deb Simon and Jennifer Carrick of Mercy Hospital Grayling Team #1 shown here with MC John Jones (background) and judges Monte Burmeister (left) and Alton "Tom" Davis (right).



Second Place went to Weyerhaeuser Team #1 - Kathy Moss, Maggie Schreiner, Emil Quinones and Becky Quinones



Third Place went to Weyerhaeuser Team #2 - Mike Aiken, Kim Aiken, Joe Eanes and Jamee Eanes.



The last place "Haven't Got A Clue Award" went to the Rotary team of Joe Porter, Don Williams, Fred Campbell and Wayne Koppa.

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Varsity softball...2B

Crawford County Avalanche

Thursday, May 18, 2000

JV team wins 8th straight

► Grayling's fourth consecutive series sweep moves Vikes to 10-7 for season

The GHS junior varsity baseball team won its seventh and eighth straight games last week with a sweep of the Oscoda Owls in Grayling. The Vikings have now swept four consecutive double-headers.

The games with Oscoda were close, with GHS coming out on top 5-3 in game one, and 4-3 in game two.

Pitcher Ryan Swope went the distance in the first game and picked up the win.

"(Ryan) showed a lot of guts, pitching out of several jams," said Coach Mark Bartkowski.

Offensive leaders in game one were Justin Schreiber with two hits and two stolen bases, and Mike Hale with two hits and two runs scored.

Larry Baynham pitched the entire second game, striking out 11 batters en route to the 4-3 win.

On offense, Wes Fox had two hits, including a double, and scored the game-winning run. Swope had

Continued on Page 3B
See "JV TEAM..."



Photos by Caleb Casey

Ryan Swope delivers a pitch in game one of last week's series versus the Oscoda Owls. Swope went the distance, and picked up the win in a tight game, 5-3.



First baseman Keil Clough prepares for a pick-off play.

GHS band returns from trip to Washington D.C.

► Band students get through a packed itinerary at nation's capital

by Caleb Casey
Staff Writer

The Grayling High School Band recently returned from an eventful five-day trip to Washington D.C., after visiting the Lincoln Memorial, the Capitol, Embassy Row, the Vietnam Memorial Wall, the Smithsonian, and many other areas of interest.

"I thought the trip went really

well," said GHS Band Director Dennis Ormsbee. "It was very educational. We power packed a lot into the time we were there. The students were really super about the whole trip."

In addition to touring the nation's capital, the Grayling Band played an outdoor concert at a park near the House of Representatives. (The band members had brought their

instruments with them on the bus.)

"When we were setting up, we decided to put the band in front of the fountain (in the park). From there the students had a view of the Capitol the whole time they played," said Ormsbee.

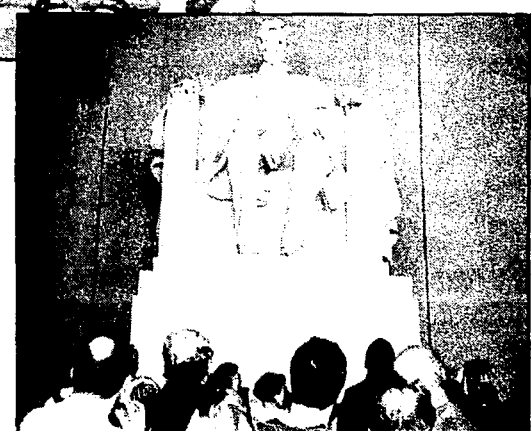
Ormsbee noted that the "weather was cooperative" during the band's trip to D.C., and the chaperones did a good job overseeing the event.



Photos courtesy of Dennis Ormsbee

(Above) Grayling High School Band students gather on the steps outside the Lincoln Memorial (shown at right) during the band's recent trip to Washington D.C.

In addition to the Lincoln Memorial, the students visited a wide variety of historical sites, such as the Vietnam Wall, the Jefferson Memorial, Embassy Row, and the Smithsonian. The band also stopped by the zoo during their trip to D.C.



GHS track team hosts Tawas, West Branch

Grayling High School's boys and girls track teams competed against Tawas and West Branch last Wednesday in Grayling. Both Tawas and West Branch had superior numbers of athletes, and both topped GHS in team scores. Several Vikings put in solid performances and placed well individually, however. For more, see Page 4B.



Photo by Caleb Casey

Grayling's Kate Nickert clears the bar in the high jump.

JV Vikings outscored by Gaylord

► Softball team loses to Blue Devils 9-3, 11-3; falls to a 'tough' Pinny squad

Grayling's JV softball team recently lost doubleheaders on the road to the Gaylord Blue Devils and the Pinconning Spartans, but won two games by forfeit last week against Oscoda.

On May 1, the Vikings fell to Gaylord 9-3 and 11-3.

"We were able to get some runs and we avoided being shut out, so we felt good about that," said Coach Lori Johnson of game one. "We had bases loaded in the fourth inning, but we weren't able to capitalize on the play."

Leading the hitting attack for Grayling in the first match were: catcher Ashley Cox, 2 for 3; Lori Ellis, 2 for 3; Jennifer Lehman, 2 for 4; pitcher Lori Hinkle, 2 for 4; Tracy Parkinson, 2 for 4; Danielle Beckwith, 1 for 4. Hinkle, Parkinson and Cox each scored a run for Grayling.

In game two, Beckwith, Hinkle,

Continued on Page 3B
See "JV VIKINGS..."



Photo by Caleb Casey

Grayling first baseman/pitcher Lori Hinkle slides into home plate.

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Varsity softball team loses six games

► Vikings come up short in series vs. Pinconning, Tawas, and Gaylord

The GHS varsity softball team recently lost its fifth straight doubleheader, falling to a very good Pinconning Spartan squad by scores of 13-0 and 11-0 on May 2, in Grayling.

In game one, Mel Paxton had the only Viking hit, a double. Pinconning's offense played well, scoring 13 runs in six innings, with only two Viking errors in the field.

In the second game, Paxton and Jamie Dent each had one hit for Grayling.

"Grayling fought hard, but they were no match for (Pinconning's) all-state pitcher (Jenny) Mackson," said Coach Donna Boughner.

Mackson, pitching both games, struck out 23 batters. She reached the 1,000 strikeout mark for her career, at which point the match paused for a moment of congratulations.

"Tanya Helsel had two diving catches to rob Spartan players of more runs," said Boughner. "Mel Paxton had another strong showing in the field. Em Fox did a nice job filling in for the injured Sumner at first base."

The day before, Grayling lost a home series to the Gaylord Blue Devils 7-0, 7-6.

The Blue Devils held Grayling to one hit in the first game. Tab Ketchum had the lone Viking hit, a single.

Defensive highlights included a triple play with the bases jammed. Shortstop Paxton snagged a line



Arica Wolcott pitches for the Vikings.

drive, tossed to third baseman Dent for a force out, and Dent threw to Tab Harney at second to complete the 6-5-4 triple play.

"Triple plays are rare," said Coach Boughner. "It was exciting even though the Vikes came up on the losing end of the game."

Grayling came up just a little short in game two, falling 7-6 to the visiting Blue Devils.

Grayling led 4-2 after five innings, but Gaylord scored five runs in the bottom of the sixth (and final) inning to take a 7-4 lead.

"We needed three outs in the top of the sixth to beat the Blue Devils, but with some errors and some key hits, the Devils shattered our two-run lead, and scored five that inning," said Boughner.

In the bottom of the sixth, Grayling still had a chance to win it. The Vikings put runners at second and third, and the Blue Devils brought in their starting pitcher to finish the game, but Arica Wolcott hit a stand-up double to drive in two

runs.

With the score at 7-6, Wolcott made it to third on a passed ball, but the Vikes couldn't get her in.

"We played good defense the whole game, just tensed up in the game-winning inning," said Boughner.

Wolcott had two hits and two RBI in game two to lead Grayling's offensive attack. Dent and Harney each had one hit. Paxton, Helsel, and Ketchum each had one stolen base.

On Friday, April 28, the Vikings played at Tawas. The Braves won both games, by scores of 5-0 and 14-4.

Lack of offense and five errors in

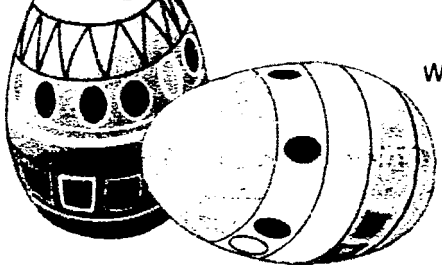
the field hurt Grayling's chances for a victory in the first match. Wolcott had the only hit for Grayling in game one.

The Vikings started to get some hits in the second game, but errors again hurt the GHS cause.

Paxton, Helsel, and Ketchum each had two hits. Dent, Harney, Fox, and Sarah Targino had one hit apiece. Paxton, Helsel, and Ketchum each drove in one run. Paxton, Harney, Fox, and Targino scored Grayling's four runs.

The team will host Saginaw Valley Lutheran on Friday, May 19, at 4 p.m. On Tuesday, May 23, the Vikings will host Lake City at 4:30 p.m.

Egg-act Color Matching



With our Computer Matching System we can duplicate any color, precisely and effortlessly. Just bring us a fabric swatch, a bit of wallcovering, a piece of carpet-almost anything. We'll match it. Precisely. Quickly. Right in our store with our color matching computer.



\$16⁹⁹gal.

Royal Shield Flat Latex House Paint
One coat coverage with 15 year durability. Mildew resistant. 1961648

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Washable, one coat coverage with 10 year durability. 1963438



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Due to physical size, merchandising policies and manufacturers shortages, some stores may be unable to stock all items shown. However, most items can be ordered by your Ace dealer and a "Plan Check" can be issued assuring you of the sale price featured. Not responsible for printing errors.



DuBois Lumber

Viking of the Week



Varsity Softball
Coach: Donna Boughner
TANYA HELSEL & MEL PAXTON

Helsel (left) and Paxton, captains of this year's team, are strong leaders on the field and display a positive attitude about the game. They both play very hard, and have been playmakers in tight games.



First baseman Mika Sumner hits the ball.

Photos by Caleb Casey

FREE SAFETY INSPECTION CLINIC

Saturday, May 20, 2000

FREE HOT DOGS & REFRESHMENTS

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517-348-3242 • 1-800-348-5583 • 208 South James St., Grayling, MI • Hours: Monday 8 to 7, Tuesday-Friday 8 to 6, Saturday 9 to 3

JV team wins 8th straight game

Continued from Page 1B
three hits and two runs scored. Nick D'Amour stole two bases and scored a run.

The wins against visiting Oscoda improved Grayling's season record

to 10-7.

The Vikings will face Saginaw Valley Lutheran at Saginaw on Friday, May 19. On Tuesday, May 23, GHS will host Lake City at 4:30 p.m.



Shortstop Wes Fox fields and throws to first.



Mike Hale crosses the plate for Grayling in game one of the Oscoda series last week.

Photos by Caleb Casey

JV Vikings outscored by Gaylord

Continued from Page 1B
and Ashley Bancroft each batted 2 for 4. Ellis was 2 for 3, and Cox and Lehman both hit 1 for 3.

"The ladies were pleased with their performance, both at the plate and in the field. They had some strong defensive plays in both games. It hopefully gave them a little more confidence in their abilities as a team," said Coach Johnson.

On May 2, the Vikings went up against a strong Pinconning squad, losing 15-0 and 20-4.

Hinkle and Wolcott pitched in the first game. Parkinson made her first appearance on the mound this season in game two, with Wolcott playing catcher for the first time this year.

"We were up against a very tough team," said Coach Johnson.

Pinny scored three in the first inning of game one, then the Vikings blanked the Spartans in the second inning. In the third, Pinconning exploded for 12 runs to win by mercy rule (15 runs).

Pinconning continued to produce runs in the second game, scoring 6, 7, and 7 to beat Grayling 20-4.

"We were able to capitalize with some aggressive baserunning, but our fielding just wasn't together today," said Johnson.

Parkinson, Henion, and Wolcott scored runs for Grayling in the second match.

The Vikings did not play either of

their scheduled doubleheaders last week. Oscoda was unable to field a team on May 9, and had to forfeit the two games to Grayling.

On Friday, May 12, the team went

to Bay City, but the games were postponed due to bad weather. The doubleheader has been rescheduled for Monday, May 22. On May 23, the team will play at Lake City.



Photos by Caleb Casey

Grayling's Ashley Wolcott puts the ball in play.



Emily Henion bats for the Vikings.

One Name to Know
One Place to Go.
GRAYLING
INSURANCE AGENCY
2375 S. I-75 Bus. Lp. Grayling
(517) 348-2851

RIALTO

FALL & WINTER SCHEDULE

7 & 9 PM FRI. & SAT.

7:30 ONLY SUN.-THURS.

Admission

Adults - \$5.00

Children under 12 - \$3.00

This Week's Movie Is
May 19 - May 25



• Wednesday Bargain
Night - \$3.00
per person

• Friday & Saturday -
7:00 p.m. & 9:00 p.m.

• Sun., Tues.,
Wed. & Thurs. -
7:30 p.m. only

Grayling's George W. Mason Chapter, Trout Unlimited

Conservation Banquet Honoring Marion Wright

Saturday, May 20, 2000
At Grayling's Renovated & Historic
Shoppenagon's Inn

Buffet dinner including Champagne Chicken Breasts, Veal Oscar, Walleye Meuniere, Roasted Boneless Pork Loin and much much more.

Cocktails (Cash Bar) 6:30 PM

Dinner 7:30 PM

Auctions and Raffles 8:30 PM

Overnight accomodation available at the Inn (888)-385-6071



Seating limited to 250—don't delay getting your tickets
Information: Jim Powers (517)-925-2171

Raffles & Auctions Include

1. Kayak (13'-8") with 2 Paddles & All Accessories \$10 ea. only 400 printed
2. Two Day, One Night, All Expense Paid (guide, lodging, meals) At Montana's Big Horn River w/Famous Guide & Author Bob Krumm \$10 ea. only 400 printed
3. Complete Wakely Lake Package Including Gallatin Float Tube, Fins, Rod, Reel, Line, Vest, Bass Fly Assortment, Parking Pass (THE WHOLE NINE YARDS) \$10 ea. only 400 printed

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... and quality fishing equipment, tools, jewelry, clothing, limited edition art, items specifically for women, and much, much more. Something for everyone.



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Are you missing out on some of the most important messages in life?

Mercy Hospital Grayling is offering FREE hearing screenings for seniors. Free hearing aid checks, amplification consultations and a demonstration on new programmable hearing aids will also be available.

For more information or to schedule an appointment, call (517) 348-0380.



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Spring Sale!!

Save Up To 35%
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A Four Seasons Enclosure will give you year 'round use of your patio or deck without snow, rain, wind or insects; or *expand* your home with a Four Seasons Room Addition. All available with exclusive *NC Wonderglass™* the best performing glass available.



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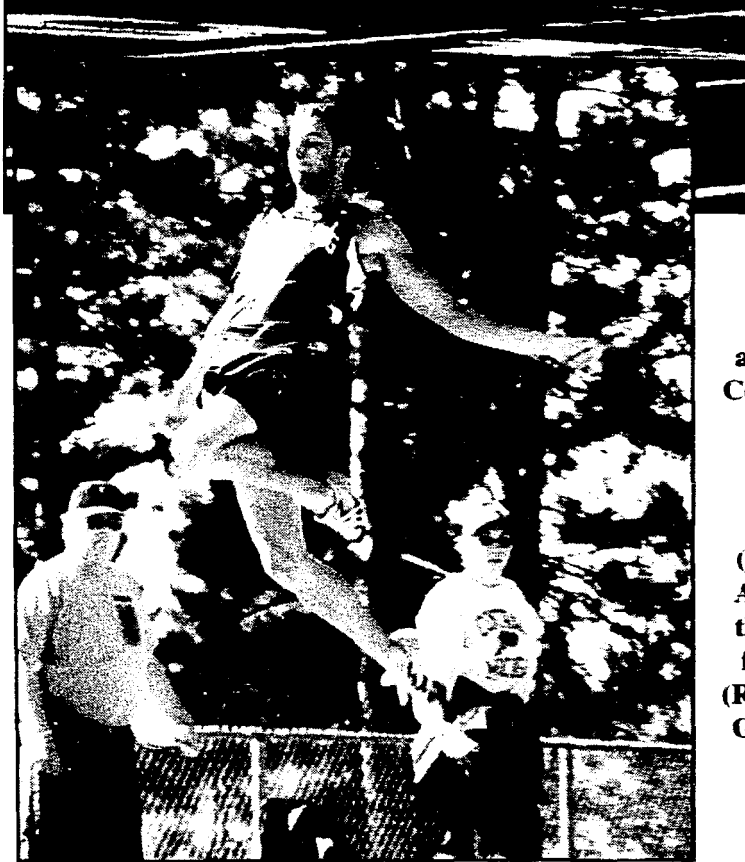
Avalanche Sets Early Deadlines Deadlines For Memorial Day

The Crawford County Avalanche will be closed Monday, May 29 for Memorial Day, and will reopen at 9 am Tuesday, May 30.

The deadline for display ads for the June 1 issue is Thursday, May 25, 5 pm. Letters to the Editor and photographs must be turned in by noon Friday, May 26. Classified ads by the word must be turned in by Tuesday, May 30 noon.

CRAWFORD COUNTY
AVALANCHE
102 Mich. Ave. • Grayling • 348-6811

GHS track team hosts Tawas, West Branch



Photos by
Caleb Casey
(Above left)
GHS track
athlete Victor
CdeBaca com-
petes in the
100M dash
event last
Wednesday.
(Above right)
Adam Knapp
throws discus
for Grayling.
(Right) Jessica
Green takes a
leap in the
long jump
competition.

(Above) Nate Hinkle com-
petes in the long jump.

FISHING REPORT

LAKES: Fishing on Lake Margrethe is slowly picking up as the temperatures get warmer. Try fishing after dark and in the early morning hours in the shallows, about 6-8 feet of water. After dark, try trolling with rapalas, or anchoring and drop casting with thundersticks or rapalas.

Small mouths have been moving into the shallows, and small mouth fishing should be very good by Memorial Day weekend.

Anglers have been catching some bluegill and perch in the weed beds on Margrethe, and a few panfish

have been caught in the weed beds using perch minnows and leaf worms.

On Houghton Lake fishermen have been getting good numbers of crappie and bluegill in the channels with minnows. Walleye fishing has been decent on both Houghton Lake and Otsego Lake.

(Information courtesy of Skip's Sport Shop.)

RIVERS: Conditions are great. Hatches are way ahead of schedule. There are still Hendricksons and black caddis in a few areas, but those hatches are pretty much done.

Cahills and sulphurs are starting up, time to use your Roberts Yellow Drakes. Tan caddis, gray caddis, and olive caddis have all been hatching.

Streamer fishing has been good. Water levels are up with the recent rain, and the water is cloudy. Conditions are good for the big streamers.

For more information regarding current hatches and river conditions, call The Fly Factory's 24-hour "hatchline" at (517) 348-7108, or visit: www.troutbums.com (Information courtesy of The Fly Factory.)

COUNTRY CLUB NEWS

by Donna Thomson

Wednesday Ladies League

On Wednesday, May 10, the Ladies League had another "fun" day, only this time we had to brave much cooler weather.

There were prizes given for longest putts on five holes, which were taken by Bev Ludeman on #10, on #12 by Gloria Nielson, on #15 by Jeanne Thompson, on #17

by Norma Olsen, and on #18 by Rita McClain. Only one person had a chip-in today, and that was Sherry Hanson. Nice work, gals.

Jeanne Thompson again put the play books together this year. Not an easy job, but very much appreciated.

We then had a lunch of soup and salad or baked chicken with au gratin potatoes.

As usual, we're all looking forward to next week and our first "official" day of league play. Seems to be the day that if something is going to go wrong it usually happens on Wednesday morning, but we must love it as we keep coming back for more.

Until next week and hopefully warmer weather that's all "fore" now.

Gaylord, Grayling & Houghton Lake Area Residents & Businesses

Is Your Listing In The Other Phone Books Not Correct?

If the spelling of your name, street, address or phone number has been incorrectly listed or omitted in the other phone books, now is the time to have it corrected for the only PhoneGuide® to cover your area. Please fill out and send the bottom form and we will correct it for the next PhoneGuide® edition. **PLEASE REMEMBER TO ALSO NOTIFY YOUR PHONE SERVICE PROVIDER** (Ameritech, CenturyTel, GTE North, Pigeon, or Upper Peninsula) as they provide our White Page Listings each year and if you don't make the same correction with them your listing will be incorrect in the PhoneGuide® the following year as we don't maintain our own database and keep corrections for only one year.

PLEASE PRINT ALL INFORMATION

Incorrect Listing (As it now appears) _____ Date _____

Name(s) _____

Address _____

City _____ Phone No. _____

Correct Listing (As you would like it to appear)

Name(s) _____

Address _____

City _____ Phone No. _____



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FAX: 231-347-7398
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Memorial Weekend

**Sunday, May 28th 9 am to 5 pm &
Monday, May 29th 9 am to 1 pm**

GARAGE SALE AT DuBois LUMBER

**Lots Of Discontinued Merchandise, Paint
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LEGAL ACTION

CRAWFORD COUNTY BOARD OF COMMISSIONERS Regular Board Meeting Of April 19, 2000

The Regular Meeting of the Crawford County Board of Commissioners was called to order by Chairperson Lynette Corlew, at 9:50 a.m. in the County Building on April 19, 2000.

Roll Call: Corlew, Wieland, Golinick, Hanson, Pankelmann and Beardslee.

Absent: None.

Sandra Moore, County Clerk - Present.

Paul Compo - County Controller - Present.

Others were present at various times.

—Approved the Board Minutes for the March 15, 2000 Regular Board Meeting.

—Approved the Board Minutes for the March 24, 2000 Special Board Meeting.

—Approved the Board Minutes for the April 14, 2000 Special Board Meeting.

—Accepted the correspondence as submitted.

—CONSENSUS for Chairperson Corlew, Controller Compo and CEO Riemer-Matuszek to prepare a resolution to support health services for presentation at the May regular meeting.

—Accepted the 2000 County Equalization Report in the amount of \$456,213,495.00.

—CONSENSUS to have Joe Porter, Pat Merrill, and representatives from Grayling Township and the Road Commission meet to discuss the Lake Margrethe Dam.

—Approved to authorize the Chairperson to submit the Michigan State Housing Development Authority quarterly progress report for the Office of Community Development Funded Housing Grant, for term October 1, 1999 thru December 31, 2001.

—Approved to endorse funding for the Community Development Block Grant (CDBG) at \$5 billion and the Home Program at \$2 billion in FY2000 and forward a copy to NACO.

—Approved to waive the necessary permits relative to the Grayling Fish Hatchery Project and the \$993.00 cost be used as an in-kind contribution on the County's behalf.

—Approved to adopt a Resolution of Acknowledgment in the designation as a participating "Employer" in the State of Michigan Deferred Compensation Plan II defined contribution plan by the Plan Administrator effective October 1, 1997 in conjunction with the Judges Retirement System.

—Adopted the Election Compensation Policy MAR 2000b effective 4-01-00 setting a base compensation of \$50.00 per worker (for approximately 4 hours of work) and a programming charge of \$5.00 per candidate name and/or question with a minimum charge of \$100.00. Reimbursement will be allowed for programming done during non-business hours of the County.

—Moved to amend the General Fund Revenues.

—Approved to authorize payment of the following claims: General Fund - Mileage and per diem for Duran, per diem for Leonard, conference fee for Franklin, mileage for Valentin, prepaid vouchers, payroll and open invoices on the April 7, 2000 report in the amount of \$4,350.35; Environmental Control Fund - mileage for Merrill, payroll and open invoices on the April 7, 2000 report in the amount of \$5,078.97; Central Dispatch Fund - prepaid vouchers, and payroll in the amount of \$19,410.29; Remuneration Fund - prepaid vouchers in the amount of \$3,936.00; Fish Fund - open invoices on the April 7, 2000 report in the amount of \$89.32.

—Approved to declare May 15-21, 2000 as Kirtland's Warbler Week and encourage residents to attend the "Celebration of Nature" on Saturday, May 20, 2000.

—Moved to authorize the Chairperson to endorse the State Bureau of Construction Second Notice of Intent to administer and enforce the State Codes for Building, Electrical, Mechanical and Plumbing for Crawford County.

—CONSENSUS to submit Supreme Court Administrative Order No. 1998-5 to Kalkaska County Board of Commissioners.

—Moved to authorize travel and mileage for Controller Compo to attend the Michigan Association of County Administrative Officers Conference to be held at Crystal Mountain in Thompsonville, on May 24 - 26, 2000.

—Approved to adopt a Resolution with MERS for benefit change's for AFSCME unit 11 (County Employees) changing benefits from B-2 to B-3 as negotiated in the new AFSCME union contract.

—Approved to forward the survey analysis of building codes performed by Insurance Services Office, Inc. to the City, Beaver Creek, Lovells, Maple Forest, and south Branch Townships for use in Building Inspections.

—Moved to appoint Robert McIntosh to the Housing Commission Board for a term ending 4-15-2005.

—Approved to adopt the proposed changes in the By Laws of the Crawford County Planning & Zoning Commission as presented.

Meeting was adjourned at 4:30 p.m.

A full context of the meeting minutes is on file in the Clerk's office.

Sandra Moore

County Clerk/Register of Deeds

Manager, Kay Ellen King, Terry McGregor, Duane Brooks, Ann Stevenson, Lynn McConnell, Karl Schreiner, Steve Doyle, Doug Duby, Mike Searles, Caleb Casey, Kathy Bourrie, Al Somero, Judy Ahms, Bob Ahms, Dave Frederick, Dennis Long, Dave Stevenson, Michele Butzin, Steve Southard, Bob Butzin, Terry Wright, Dennis Palmer.

00-53

Moved by Brown, supported by Wyman, that the minutes of the meeting of April 10, 2000 be approved as presented. Ayes: 5, Nays: 0, Abstain: 0, Absent: 0, motion carried.

Public Hearing. None.

Communications were received and noted.

a. Revenue/Expenditure Report for March 2000.

b. Police Department Report for March 2000.

c. Charter Communications Letter.

d. Charter Communications Adjustment Rates.

e. Michigan Cat Agreement.

Old Business.

a. Lynn McConnell with I.D.C. Update.

Dave Stevenson and Lynn McConnell gave a presentation to Council of proposed industrial park between the City Industrial Park and 4 Mile Road. It would bring new developers into our area. Questions were asked regarding availability of water and sewer in this area. They are planning to start the development at the southern end (4 Mile Road) and have already had some inquiries. The City is being asked to pave a portion of the road that is in the City. The City Manager will meet with the City Engineer to find the cost of the desired changes on the city property and report back to Council.

b. Proposed Budget Study. Council went over the 2000-2001 Proposed Budget line item by line item. City Manager, City Treasurer and Department Supervisors were present to answer any questions Council had.

Mike Searles and Steve Southard gave an update of the C.I.A. long and short term plans of this committee.

Mayor Palmer called for a 5 minute recess and the meeting was called back to order at 9:31 p.m.

New Business.

a. Resolution for use of State Trunkline ROW. The City Manager recommended adoption of this resolution with Doug Duby as the contact person.

00-54

Moved by Wyman, supported by Hayes to adopt the Resolution as proposed for use of State Trunkline ROW with Doug Duby as the contact person. Ayes: 5, Nays: 0, Abstain: 0, Absent: 0, motion carried.

b. City Car. One of the city cars is not safe for long trips and we should be looking into a reliable car to take to meetings out of town. Chief Schreiner reported to Council the trouble they are having with the rebuilt patrol car. The Police Department could possibly need a new car soon. Much discussion was held on this subject with input from Dennis Long. This is something that needs to be addressed soon.

Citizens who wish to speak. None.

Reports of City Manager.

a. NEMCOG sent a list of grants request by Crawford County groups.

b. Council has been given a proposed budget expenditure approval policy and proposed budget amendment policy that needs to be addressed.

c. Would like to meet with Council to have them establish short and long term goals for the City at some future date.

d. After checking with the City Engineer regarding cost of a retaining wall on Ottawa Street, it would be 2 to 3 feet in height, the utility pole would not have to be removed and the cost would be approximately \$6,500.00. The City Manager is going to make up a list of all places in town where trees, fences, etc. have to be moved to make room for sidewalk construction.

Reports of Council Members.

a. Mr. Wyman asked about an update on Scheer Motors. The City Manager has had no further information regarding this.

b. Mr. Wyman gave a report of the City Hall Building Committee. They have met with architects and interviewed four firms. They are recommending the firm of Sundberg & Carlson as the architect. Their fee would be 6% to 8% of the cost of a new city hall building.

Banda left the meeting at 10:09 p.m.

00-55

Moved by Brown, supported by Hayes for the City of Grayling to retain Sundberg & Carlson as the architect for a new city hall building. Ayes: 4, Nays: 0, Abstain: 0, Absent: 0, motion carried.

c. Ms. Palmer is concerned about the city car situation and if another car is not purchased then the mileage should be increased from 20 cents a mile to the current rate. The

City Manager will check into this and report back at the next meeting.

Adjournment

00-56

Moved by Wyman, supported by Brown that the meeting be adjourned. Ayes: 4, Nays: 0, Abstain: 0, Absent: 0, motion carried. The meeting was adjourned at 10:17 p.m.

Kay Ellen King

City Clerk

Northwest 1/4 of Section 32, Town 25 North, Range 2 West.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 18, 2000

FOR INFORMATION, PLEASE

CALL:

248-593-1304

Trott & Trott, P.C.

Attorneys and Counselors

30150 Telegraph Road, Suite 100

Bingham Farms, MI 48025

File # 200015068

Falcons

-18-25-1-8-15

CRAWFORD COUNTY BOARD OF COMMISSIONERS Special Board Meeting Of March 24, 2000

The Special Meeting of the Crawford County Board of Commissioners was called to order by Chairperson Lynette Corlew, at 9:33 a.m. in the County Building on March 24, 2000.

Roll Call: Beardslee, Corlew, Wieland, Golinick, and Pankelmann.

Absent: Hanson.

Sandra Moore, County Clerk - Present.

Paul Compo - County Controller - Present.

Others were present at various times.

—Moved to amend the agenda to add Controller's Report, the committee meeting schedule, and compensation committee opinion by Assistant Prosecutor Sabin.

—Moved to accept the fiscal year 1999 audit as presented by County Auditor, Marvin Henderson.

—Moved to make a supplemental appropriation to the Child Care Fund from the General Fund in the amount of \$22,289.00 to be applied to the deficit as of September 30, 1999.

—Moved to adopt the 2000 FY Special Revenue Funds to reflect the beginning fund balance of 10-01-99.

—Moved to amend various funds reflected under the March 2000 budget amendments as submitted.

—Moved to pledge an estimated cost of \$1,200 for a two-way radio for the Transportation Authority through a grant offered by the Michigan Department of Community Health for Rural Health Initiatives.

—Moved to set a special Board Meeting for Friday, April 14, 2000 at 2:00 p.m. for the purpose of appointing Compensation Committee Board Members.

Meeting was adjourned at 11:02 a.m.

A full context of the meeting minutes is on file in the Clerk's office.

Sandra Moore

County Clerk/Register of Deeds

Manager, Kay Ellen King, Terry McGregor, Duane Brooks, Ann Stevenson, Lynn McConnell, Karl Schreiner, Steve Doyle, Doug Duby, Mike Searles, Caleb Casey, Kathy Bourrie, Al Somero, Judy Ahms, Bob Ahms, Dave Frederick, Dennis Long, Dave Stevenson, Michele Butzin, Steve Southard, Bob Butzin, Terry Wright, Dennis Palmer.

00-53

Moved by Brown, supported by Wyman, that the minutes of the meeting of April 10, 2000 be approved as presented. Ayes: 5, Nays: 0, Abstain: 0, Absent: 0, motion carried.

Public Hearing. None.

Communications were received and noted.

a. Revenue/Expenditure Report for March 2000.

b. Police Department Report for March 2000.

c. Charter Communications Letter.

d. Charter Communications Adjustment Rates.

e. Michigan Cat Agreement.

Old Business.

a. Lynn McConnell with I.D.C. Update.

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b. Proposed Budget Study. Council went over the 2000-2001 Proposed Budget line item by line item. City Manager, City Treasurer and Department Supervisors were present to answer any questions Council had.

Mike Searles and Steve Southard gave an update of the C.I.A. long and short term plans of this committee.

Mayor Palmer called for a 5 minute recess and the meeting was called back to order at 9:31 p.m.

New Business.

a. Resolution for use of State Trunkline ROW. The City Manager recommended adoption of this resolution with Doug Duby as the contact person.

00-54

Moved by Wyman, supported by Hayes to adopt the Resolution as proposed for use of State Trunkline ROW with Doug Duby as the contact person. Ayes: 5, Nays: 0, Abstain: 0, Absent: 0, motion carried.

b. City Car. One of the city cars is not safe for long trips and we should be looking into a reliable car to take to meetings out of town. Chief Schreiner reported to Council the trouble they are having with the rebuilt patrol car. The Police Department could possibly need a new car soon. Much discussion was held on this subject with input from Dennis Long. This is something that needs to be addressed soon.

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00-55

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City Manager will check into this and report back at the next meeting.

Adjournment

00-56

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Kay Ellen King

City Clerk

Northwest 1/4 of Section 32, Town 25 North, Range 2 West.

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Dated: May 18, 2000

FOR INFORMATION, PLEASE

CALL:

248-593-1304

Trott & Trott, P.C.

Attorneys and Counselors

30150 Telegraph Road, Suite 100

Bingham Farms, MI 48025

File # 200015068

Falcons

-18-25-1-8-15

MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE.

MORTGAGE SALE Default has been made in the conditions of a mortgage made by Ronald W. Moggo a single man and Johanna R. Hunsperger a single woman, as joint tenants with full rights of survivorship (original mortgagors) to Wells Fargo Home Mortgage, Inc., f/k/a Norwest Mortgage, Inc., d/b/a Directors Acceptance, Mortgagee, dated December 28, 1999, and recorded on January 25, 2000 in Liber 500, on Page 177, Crawford County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of THIRTY-NINE THOUSAND THREE HUNDRED SIXTY AND 16/100 dollars (\$39,360.16), including interest at 11.500% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 A.M. on June 21, 2000.

Said premises are situated in CITY OF GRAYLING, Crawford County, Michigan, and are described as:

Lot 11, Block 1, Martha M. Brinks Second Addition to the Village (now City) of Grayling, according to the recorded plat thereof as recorded in Liber 1 of Plats, Page 29, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 11, 2000

FOR INFORMATION, PLEASE

CALL:

248-593-1304

Trott & Trott, P.C.

Attorneys and Counselors

30150 Telegraph Road, Suite 100

Bingham Farms, MI 48025

File # 200015108

Falcons

-11-18-25-1-8

MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE.

MORTGAGE SALE Default has been made in the conditions of a mortgage made by Karen M. Wright, an unmarried woman (original mortgagors) to First Chicago NBD Mortgage Company, Mortgagee, dated September 12, 1997, and recorded on September 23, 1997 in Liber 438, on Page 293, Crawford County Records, Michigan, and was assigned by said mortgagee to the Mortgage Electronic Registration Systems Inc. Assignee by an assignment dated June 1, 1999, which was recorded on November 3, 1999, in Liber 494, on Page 391, Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of FIFTY-TWO THOUSAND FIVE HUNDRED EIGHTY-NINE AND 00/100 dollars (\$52,589.00), including interest at 8.000% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 A.M. on June 28, 2000.

Said premises are situated in TOWN-SHIP OF SOUTH BRANCH, Crawford County, Michigan, and are described as:

Beginning 240 feet North of the Southwest corner of the Northwest 1/4 of the Northwest 1/4 of Section 32, Town 25 North, Range 2 West; thence East 433 feet; thence North 100 feet; thence West 433 feet; thence South 100 feet to the Point of Beginning, being a part of the Northwest 1/4 of the

December 8, 1998 in Liber 469, on Page 233, Crawford County Records, Michigan, and was assigned by said mortgagee to the Old Kent Mortgage Company, Assignee by an assignment dated November 23, 1998, which was recorded on December 8, 1998 in Liber 469, on Page 240, Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of SIXTY THOUSAND FIVE HUNDRED NINETY-EIGHT AND 29/100 dollars (\$60,598.29), including interest at 6.125% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the front door of the County Building in Grayling, Michigan at 10:00 A.M. on June 21, 2000.

Said premises are situated in TOWN-SHIP OF GRAYLING, Crawford County, Michigan, and are described as:

Lot 6, Sherwood Forest, Township of Grayling, Crawford County, Michigan, according to the recorded plat thereof, as recorded in Liber 03 of Plats, Page 11, Crawford County Records.

The redemption period shall be 6 month(s) from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 11, 2000

FOR INFORMATION, PLEASE

CALL:

248-593-1303

Trott & Trott, P.C.

LEGAL ACTION

MORTGAGE FORECLOSURE SALE

THIS NOTICE IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

MORTGAGE SALE Default having been made in the terms and conditions of a certain mortgage made by **SHARON M. HADLEY AND CHARLES T. HADLEY**, Husband and Wife, of 7516 North White Road, Grayling, MI 49738, Mortgagors, to FIRST FINANCE, which is organized and existing under the laws of Michigan and whose address is 6785 Telegraph, Bloomfield Hills, MI 48301, Mortgagee, dated December 8, 1997, and recorded in the office of the Register of Deeds, for the County of Crawford and State of Michigan, on December 17, 1997, in Liber 443, Page 333 of Crawford County Records, which mortgage was thereafter assigned to BANKERS TRUST COMPANY OF CALIFORNIA, N.A., as Custodian or Trustee, 3 Park Plaza, 16th Floor, Irvine, CA 92614 and recorded on July 10, 1998 in the office of the Register of Deeds for said County of Crawford in Liber

457, Page 551 of Crawford County Records, on which mortgage there is claimed to be due, at the date of this notice, for principal and interest, the sum of SIXTY EIGHT THOUSAND TWO HUNDRED THIRTY SIX AND 99/100 (\$68,236.99) DOLLARS.

And no suit or proceedings at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on **Wednesday June 7, 2000 at 10:00 a.m.**, said mortgage will be foreclosed by a sale at public auction, to the highest bidder at **the front door to the county building in Grayling, Michigan**, (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid, on said mortgage, with the interest thereon at **11.85%** per annum and all legal costs, charges and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises.

Which said premises are described as follows: All that certain piece or parcel of land situate in the Township of Maple Forest, Crawford County, and State of Michigan and

described as follows, to-wit:

The Southwest 1/4 of the Southwest 1/4 of the Southwest 1/4 of the Northwest 1/4 of Section 26, Town 28 North, Range 3 West.

Tax Id No. 020-026-007-040-00

The redemption period shall be six months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: April 20, 2000

BANKERS TRUST COMPANY OF CALIFORNIA, N.A., AS CUSTODIAN OR TRUSTEE

Assignee of Mortgage
ELAINE W. MARDIROSIAN (P33528)
Attorney for Assignee of Mortgage
1373 Balfour
Grosse Pointe Park, MI 48230
(313) 881-0296

-20-27-4-11-18

MORTGAGE SALE

Notice is hereby given that Default has occurred in a Mortgage given by William F. Butts and Patricia M. Butts, husband and wife, to the United States of America, acting through the Farmers Home Administration, United States Department of Agriculture. The Mortgage is dated February 26, 1988 and was recorded on February 26, 1988 in Liber 273 on pages 486 to 489 of the Crawford County Records. No proceedings have been instituted to recover any part of the debt which is now Seventy Three Thousand Eight Hundred Twenty Two and 64/100 (\$73,822.64) Dollars.

The Mortgage will be foreclosed by selling the property described below at a public auction to the highest bidder. The sale will be held on June 14, 2000 at 10:00 a.m., local time, at the front door to the County Building in Grayling, Michigan which is the location of the Crawford County Circuit Court. The property will be sold to pay the amount then due on the Mortgage, including interest at the rate of 9.5% per year, legal costs, attorney fees and any taxes or insurance which may be paid by the mortgagee before the sale.

The property to be sold is located in Grayling Township, Crawford County, Michigan and is more specifically described in the Mortgage as:

Lot 26, GRAYLING MANOR, according to the Plat thereof as recorded in Liber 2 of Plats, Page 10, Crawford County Records.

The redemption period will expire six (6) months from the date of the sale unless the property is deemed to be abandon pursuant to

MCL §600.3241a in which case the redemption period will expire thirty (30) days from the date of the sale.

Dated: May 4, 2000

UNITED STATES OF AMERICA ACTING THROUGH THE RURAL DEVELOPMENT AGENCY, F/K/A THE FARMERS HOME ADMINISTRATION, OF THE UNITED STATES DEPARTMENT OF AGRICULTURE

PREPARED BY:
JOHN R. TUCKER (P37348)
WINEGARDEN, SHEDD, HALEY, LINDHOLM & ROBERTSON, P.L.C.

Attorneys at Law
501 Citizens Bank Building
328 S. Saginaw Street
Flint, MI 48502-1983
(810) 767-3600

-4-11-18-25-1

STATE OF MICHIGAN CIRCUIT COURT - FAMILY DIVISION CRAWFORD COUNTY Publication of Hearing

File No. 00-0045-AD
TO: DARRYL S. TROUP
3476 North George Street, Box 244, Emigsville, PA 17318
IN THE MATTER OF: ELIZABETH ANN TROUP

An adoption petition has been filed in the above matter. A hearing on the petition will be conducted by the court on **THURSDAY, JULY 13, 2000 at 8:45 A.M.** in the Crawford County Probate Court, 200 West Michigan Avenue, Grayling, MI 49738.

IT IS THEREFORE ORDERED that **DARRYL S. TROUP** personally appear before the court at the time and place stated above.

This hearing may result in:
1. The termination of all existing parental rights of Darryl S. Troup, the non-custodial parent of Elizabeth Ann Troup, which rights are inconsistent with an order of adoption.
2. Entry of an Order approving placement of the child.

3. Entry of an Order of Adoption.

May 12, 2000
John G. Hunter
Probate Judge

-18-25-1

MORTGAGE FORECLOSURE SALE

THIS FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMA

TION WE OBTAIN WILL BE USED FOR THAT PURPOSE.

MORTGAGE SALE Default having been made in the conditions of a certain Mortgage made by **JEFFREY A. GOLNICK** and **JODEE K. GOLNICK**, husband and wife, of 6342 Atkinson Road, Grayling, Michigan, 49738, to THE UNITED STATES OF AMERICA, acting through the Farmers Home Administration (now known as Rural Development), United States Department of Agriculture, with its District Office being located at 240 W. Wright Street, West Branch, Michigan, 49661, the Mortgagee, such Mortgage being dated December 22, 1994, and recorded December 22, 1994 in Liber 388 in Crawford County Records on Pages 111, 112, 113 and 114, such Mortgage being given to secure a Promissory Note payable to the Government, and by reason of such default the Mortgagee elects to declare the entire unpaid amount of such Mortgage due and payable forthwith, on which Mortgage there is claimed to be due at the date of this notice, for principal and interest, the sum of SIXTY TWO THOUSAND SEVEN HUNDRED NINETY SIX AND 52/100 (\$62,796.52) DOLLARS, and no proceedings having been instituted at law or equity to recover the debt now remaining secured by said Mortgage, or any part thereof, whereby the power of sale contained in said Mortgage has become operative:

Now, Therefore, Notice is Hereby Given that by virtue of the power of sale contained in said Mortgage and in pursuance of the statute of the State of Michigan in such case made and provided, the said Mortgage will be foreclosed by a sale of the premises therein described or so much thereof as may be necessary, at public auction, to the highest bidder, at the front lobby of the County Building in the City of Grayling, County of Crawford, Michigan, that being the place of holding the Circuit Court in and for said County, on the 7th day of June, 2000 at 10:00 a.m., local time, and said premises will be sold to pay the amount due as aforesaid on the Mortgage together with 8.0% percent interest, legal costs, attorneys' fees and also any taxes and insurance that said Mortgagee does pay on or prior to the date of said sale; which said premises described in said Mortgage are situated in the Township of Grayling, County of Crawford and State of Michigan, and are described as:

Lot 22, Block 2, Karen Woods, according to the plat thereof as recorded in Liber 1, of Plats, Page 44, Crawford County Records.

During the six (6) months immediately following the sale, the property may be redeemed unless the property is abandoned, in which case the redemption shall be thirty (30) days from the date of sale. For further information with regard to this foreclosure, contact USDA - Rural Development, 1501 Cass Street, Suite A, Traverse City, Michigan, 49684, telephone (231) 941-0951

Dated: May 2, 2000

UNITED STATES OF AMERICA, acting through the Farmers Home Administration (now Rural Development), United States Department of Agriculture, Mortgagee

Michael I. Conlon (P43954)
Running, Wise, Ford & Phillips, P.L.C.
326 E. State Street, P.O. Box 686
Traverse City, MI 49685-0686
(231) 946-2700

-11-18-25-1

MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE.

MORTGAGE SALE Default has been made in the conditions of a mortgage made by **David J. Bendig and Kathryn E. Bendig his wife (original mortgagors)** to **Amerifirst Financial Corporation, Mortgagee**, dated September 7, 1994, and recorded on September 8, 1994 in Liber 383, on Page 262, Crawford County Records, Michigan, and was assigned by me to assignments to **Norwest Mortgage Inc., a California Corporation**, Assignee by an assignment dated April 23, 1996, which was recorded on July 2, 1996 in Liber 413, on Page 633, Crawford County Records, on which mortgage there is claimed to be due at the date hereof the sum of **SEVENTY-ONE THOUSAND FIVE HUNDRED FOUR AND 35/100 dollars (\$71,504.35)**, including interest at **9.500%** per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the **front door of the County Building in Grayling, Michigan at 10:00 AM, on June 7, 2000.**

Said premises are situated in **TOWNSHIP OF GRAYLING**, Crawford County, Michigan, and are described as: Lot 40, Grayling Manor, according to the plat thereof as recorded in Liber 2 of Plats, Page 10, Crawford County Records.

The redemption period shall be **1 month(s)** from the date of such sale, unless an affidavit of occupancy or intent to occupy is recorded in accordance with 1948CL 600.3241(d) and given to the mortgagee, in which case the redemption period shall be **6 month(s)** from the date of such sale.

Dated: April 27, 2000

FOR INFORMATION, PLEASE

CALL:
248-593-1304
Trott & Trott, P.C.
Attorneys and Counselors
30150 Telegraph Road, Suite 100
Bingham Farms, MI 48025
File # 990201628
Falcons

-27-4-11-18

PUBLIC AUCTION STATE LAND

NOTICE IS HEREBY GIVEN that pursuant to provisions of Section 131 of Act 206, P.A. 1893, as amended, State lands in Alpena, Antrim, Arenac, Bay, Charlevoix, Cheboygan, Clare, Crawford, Gladwin, Iosco and Isabella counties will be placed on the market by offering same for sale at public auction on June 21, 2000 at 10:00 am at the Quality Inn of Houghton Lake, 9285 W. Lake City Road, Houghton Lake, Michigan. BIDDERS REGISTRATION at 9:00 am.

The right is reserved by the State of Michigan to reject any or all bids.

Lists of property to be offered are available at the County Treasurer's Office and Land and Mineral Services Division, Department of Natural Resources, PO Box 30448, Lansing Michigan, 48909-7948. Phone: 517-373-1250.

DEPARTMENT OF NATURAL RESOURCES
LAND AND MINERAL SERVICES DIVISION

-18

NOTICE TO BIDDERS

The Road Commission for Crawford will receive sealed bids until 9:30 a.m. (for a bid opening during the regular Board meeting starting at 10:00 a.m.) on Thursday, June 8, 2000 at their Grayling office located at 500 Huron Street, P.O. Box 648, Grayling, MI 49738 for furnishing of the following:

Furnishing and Installation of Truck Components and Equipment

Specifications and bid documents may be obtained by contacting the Road Commission for Crawford at the above address. Bids must be sealed in an envelope and clearly marked as **Tandem Axle Truck Components**.

The Board reserves the right to reject any or all bids, to waive informalities in the bids and to award the bid deemed to be in the best interest of Crawford County.

Crawford County Board
of Road Commissioners

Thomas Perry, Chairman
John Hartman, Vice-Chairman
Ken Riehle, Commissioner

-18-25-1

South Branch Township Clean Up Day May 20, 2000

WASTE MANAGEMENT OF CENTRAL MICHIGAN CLEAN UP COLLECTION LIST

Waste Management is pleased to offer the residents of the South Branch Township roll off service for their annual clean up. While we strive to provide superior customer satisfaction with this program, there are some items that we simply cannot dispose of in a solid waste landfill for environmental reasons.

As a general rule, clean up items include:

- Household furniture, including chairs, couches, mattresses and tables
- Appliances, including hot water tanks, stoves, refrigerators and air conditioning units (residents are responsible for freon removal)

Clean up items DO NOT include:

- Any liquids including unsolidified paint, motor oil and antifreeze
- Yard waste, leaves or brush
- Appliances containing freon
- Chemicals or other hazardous wastes
- Flammables and explosives
- Dangerous items, such as gasoline or hot ashes, burning barrels
- Car batteries and transmissions
- Tires
- Concrete, blocks, brick and stone
- Engine blocks other metal car parts

This list is not all-inclusive.

Pioneer Refuse Site
MUST HAVE PERMIT TO ENTER

-18

SOUTH BRANCH TOWNSHIP BIDS CHIPPING BRUSH

Accepting bids for chipping brush at Pioneer Refuse Site, located between Steckert Bridge Road and Pines Trail.

Bids are to include:

1. The amount of brush to be chipped
2. Must provide proof of liability insurance

Send Sealed Bids by June 9, 2000, 12:00 p.m. (noon) to:
South Branch Township
P.O. Box 606
Roscommon, MI 48653
Attn: Chipping Bid

Bids will be opened at the regular board meeting, June 13, 2000
South Branch Township reserves the right to accept or reject any or all bids.

-18-25

AVALANCHE

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FEATURES

HOROSCOPES

For The Week Of May 21-27

Aries
March 21-April 20
 Surprise a special person in your life with a celebration in his/her honor. This person is long overdue for a celebration. Take an idea to your supervisor. It will benefit you professionally. Invest any bonus you get.

Taurus
April 21-May 21
 Don't allow a new relationship to ruin a friendship. It's not worth it. Because of your involvement in an organization, you'll find yourself in a good position to help those less fortunate. An extravagant trip is on your horizon.

Gemini
May 22-June 21
 Have you taken on too many activities? Be honest and accept your limitations. Take the advice and help of a friend. An unexpected celebration is on your horizon. A relative could use your help in the job market.

Cancer
June 22-July 22
 With your hectic schedule, you should avoid those likely to upset you. You don't need the stress in your life. It's important that you take it easy for awhile. A new restaurant in town is a great place to get together with friends.

Leo
July 23-August 23
 Help will come from someone you really care about. With the two of you working together, you'll be surprised at how much you can accomplish. Reconsider an idea you were going to present at work. It's likely to work now.

Virgo
August 24-September 22
 Money you didn't know about may be headed your way. Splurge a little for a change. It's a great way to let off some steam. Just don't forget someone less fortunate than you. An unknown source of help may be on the way.

Libra
September 23-October 23
 Events at work will drain all your energy. Don't take your exhaustion and frustrations out on those at home. A so-called friend could ruin a new relationship for you. Jealousy will rear its ugly head and result in a blowout.

Scorpio
October 24-November 22
 It's time to take matters into your own hands. You can get people back on track. Someone you thought you knew well is not what he/she seems. Watch your back. A pet would make a great gift for a relative who's been lonely.

Sagittarius
November 23-December 21
 You are handling a situation all wrong—creating problems for those around you. Your vehicle problems will not go away. Start shopping for a good deal. Maybe it's time you called in a long-overdue favor. It could be beneficial.

Capricorn
December 22-January 20
 What has happened is not your fault. It's time to quit blaming yourself. Catharism is the key to getting past this situation. The color orange will bring you some happiness. Turn to a source close to home for help.

Aquarius
January 21-February 18
 Your confusion regarding a close friend is very understandable. Pay close attention to what is going on between the two of you. Changes at work are on the way. Don't expect them all to be positive but still hope for the best.

Pisces
February 19-March 20
 Don't allow someone's accusations to get the best of you. This is not the time to fall back on an old habit. Find a hobby to keep you away from the source of your problems. It could turn out to be the best outlet for your energy.

For Entertainment Purposes Only

RECIPE OF THE WEEK

Pull-Apart Cheese Bread

Makes 12 to 15 Servings
 Prep time: 10 minutes
 Cook time: 25 to 30 minutes

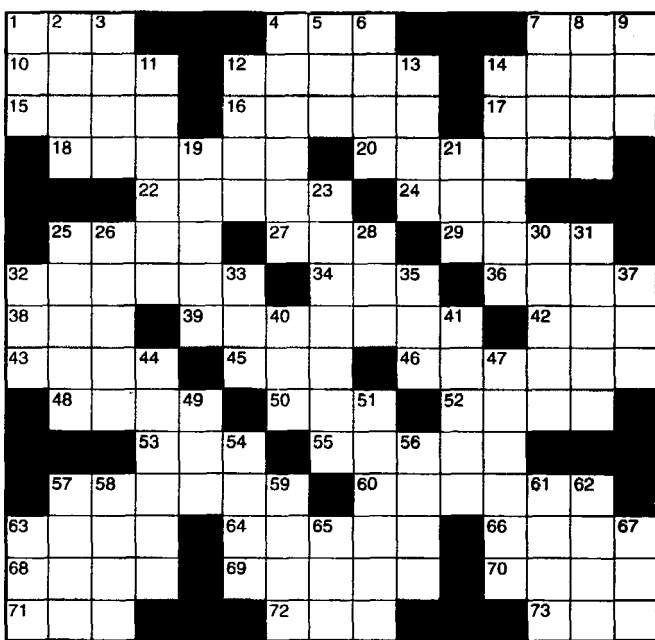
2 pkgs. (approx. 20) refrigerated buttermilk biscuits
 1 cup (4 oz.) shredded Colby & Monterey Jack cheese blend
 1 cup (4 oz.) shredded Cheddar cheese
 1 can (4 oz.) chopped green chilies, drained (optional)

Preheat the oven to 350°F. Coat a 9"x13" baking dish with nonstick cooking spray. Separate the biscuit dough into a total of 16 biscuits. Cut each biscuit into 6 pieces and place in a large bowl. Add the cheeses and chilies; toss until well mixed. Spoon into the baking dish and sprinkle with any cheese remaining in the bowl. Bake for 25 to 30 minutes or until the biscuits are golden and cooked through. Let stand 10 minutes. Pull apart and serve.



HOME NEEDED - Lucy is a spayed female golden mix, housebroken, she is 11 months old and is friendly. To adopt any of the pets available, stop by or give the Animal Shelter of Crawford County a call at 348-4117.

CROSSWORD



ACROSS

- Carmaker Ransom Olds
- Cotillion gal
- River, to Pedro
- Grows drowsy
- Language heard at the Forum
- Actor Betz
- Number 8 on the Beaufort Scale
- Start of a Dickens title
- Grapes of Wrath character
- Knitting ____
- Sends to cloud nine
- Crown
- Eng. major's course
- The last laugh?
- Comic Caesar
- Recline lazily
- Like early movies
- Go to the ____ (contend)
- Playwright Coward
- Hoo-ha
- Critical examiner
- Pooh character
- Skillful
- Three: Ital.
- Silkwood and Valentine
- Stash belowdecks

DOWN

- School subj.
- Advance
- Inactive
- Library stamps
- After zeta
- Ill temper
- Dissolute one
- Spring blossom
- Viva torero!
- Fume
- Part of a hall-decking refrain
- Dickens' Little ____
- Boll weevil's dinner

- Hunt goddess
- Be indisposed
- Without direction
- Puts in a secret place
- In the sky
- Sunup
- Arabesque star
- Jaworski and Trotsky
- In need of cheer
- Cable option
- Shame on you!
- ____ Gatos
- Museum treasure
- Word with water or pool
- In the direction of
- Deliver the story
- Received a trophy
- Full and new, for the moon
- "All's ____"
- Take ____ the lam (2 wds.)
- Drink made with fermented honey
- Pair in a rowboat
- Wading bird
- Pony's pop
- Wahoo et al.
- "Los" or "les"
- Enjoy a Vermont vacation
- Tavern spigot

ANSWERS IN CLASSIFIEDS

A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE

23 Years Ago
 May 19, 1977

The Bear Archery Company feasibility study of a possible move from Grayling has been completed and is now in the hand of Victor Comptometer Company, the parent firm of the local industry. Robert Kelly, executive vice-president of Bear said he has no idea how long it will be before a decision comes from the company. Kelly also added that the whole series of events relating to the strike and labor dispute have no bearing on the ultimate decision on moving the plant. The latest court decision was made in favor of the company. Bear claimed the affiliation issue was presented to the workers, and bargaining unit employees were not given the opportunity to collectively discuss and consider the question of affiliation. The Sixth District Court of Cincinnati, Ohio agreed.

Thirteen people are running for three school board positions including incumbent James Kolka. Among the challengers are Jim Dannenberg, Bernadine Dosch, Wayne "Andrews" Hindmarsh, Rose Ann Owens, Mickey Perez, Clement Sajdak, Duane Sloan and James Marlin Weaver.

Grayling's Varsity baseball team, coached by Warren "Butch" Hayes, opened up its season last week by splitting a pair of games. Al Johnston, threw a three-hitter in the winning effort against Kalkaska. Cliff Wheeler, Chris Austin and Marty O'Mara led the Grayling attack with two hits apiece. Marty O'Mara was the starting pitcher in the losing effort against Roscommon. Leading the attack was Dan Bonamic with a grand slam homer.

46 Years Ago
 May 20, 1954

The Vikings track team qualified six men to participate in the state track meet to be held in Ann Arbor. The six are Lloyd Failing, Dale

Pettengill, Mike and Tom Gibbons of the medley relay team; Richard Hamilton in high jump and high hurdles; Steve Jorgenson in the mile run. Failing also qualified in the pole vault and broad jump.

Two petitions containing over 400 signatures were presented to the School Board of the Grayling District on Monday in behalf of Coach Arthur Allen. Both petitions requested that Allen be given a contract for 1954-55. One petition stated that "a grave injustice has been done in denying Arthur Allen a contract as football coach, assistant basketball coach and instructor for the ensuing year. The petition went on to ask the board to investigate and reconsider the situation and reinstate Mr. Allen and/or accept the resignation of the present school and high school administration. The board tabled the matter and asked the signers of these petitions to discuss the matter with the board at the next meeting.

Grayling Unit, No. 106 of the American Legion Auxiliary has selected Denise Sorenson to attend Girls' State to be held at the University of Michigan. Selection as a delegate indicates the girl is a potential leader, honest, industrious and has a high sense of duty.

Three year olds and pupils in the second, fifth and eighth grades are eligible for fluoride treatments on their teeth. Registration cards and payment should be returned by May 28.

69 Years Ago
 May 21, 1931

The Grayling Dairy has changed hands, Amos Hunter taking possession today, after purchasing the plant from Axel M. Peterson, county clerk.

Several groups of pines have been planted along the fairways at the Grayling golf course Sunday and Monday.

Mrs. Laura Parker is taking the school census.

George Sorenson, funeral director of this city is attending a funeral director's convention in Grand Rapids.

Mrs. J.W. Randolph and Miss Alyce Mahncke enjoyed their first swim this spring in Lake Margrethe Tuesday.

Kenneth Clise landed a beauty of a brook trout Wednesday at the electric light dam. It measured 17 inches.

A lone bandit entered the bank at Lewiston yesterday morning about 10 a.m. and pulled a gun on the banker, getting away with about \$1500. He has not yet been apprehended.

92 Years Ago
 May 21, 1908

M. Simpson trots out a new spring delivery wagon, and Jim thinks it is a heap more comfortable than the old one.

R. Hanson is erecting a building for the Danish church congregation to be used for their Sunday School and Library gymnasium.

As we go to press, we learn the sawmill of T.E. Douglas & Co. at Lovells was entirely consumed by fire Wednesday morning, together with a large quantity of shingles and cedar.

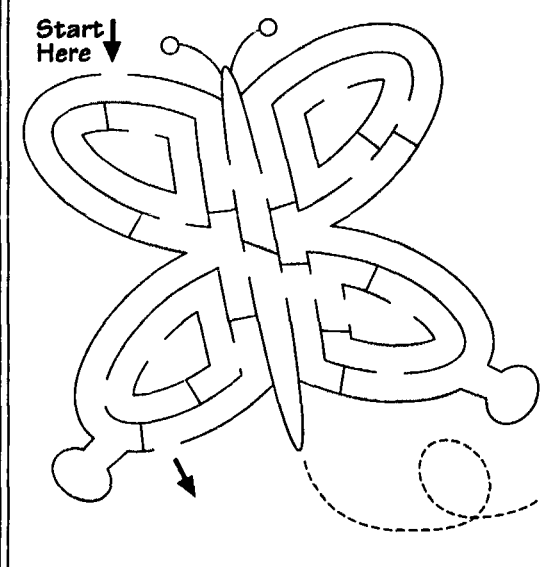
Mrs. John Everett and her niece were injured when, while out driving in their carriage, the horse became frightened when some boys lifted their fishpoles at the bridge. The horse turned squarely around throwing the ladies to the ground. Mrs. Everett had to be carried home on a stretcher. Dr. Insley attended her.

Miss Rose Lewis has returned to her home in Frederic from the Big Rapids school.

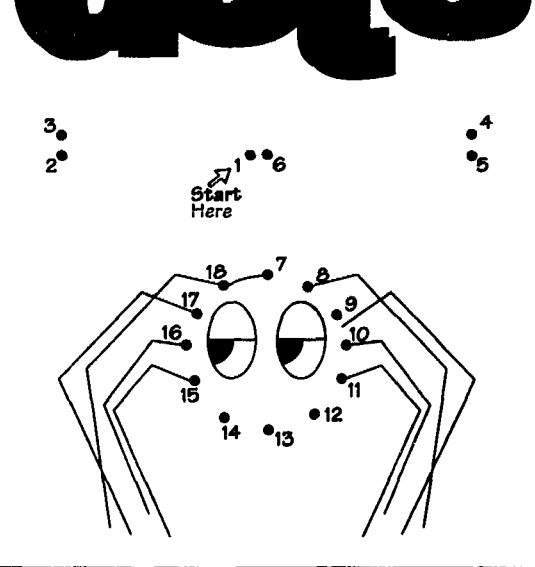
J.J. Higgins is erecting a store building for general purposes at Frederic and will have Mr. Frank as general manager.



MAZE



connect the dots



WEATHER

Courtesy of the City of Grayling



Date	H	L	Precip.
5/9	64	42	0.19"
5/10	61	37	
5/11	58	43	0.35"
5/12	69	43	1.16"
5/13	53	38	0.03"
5/14	53	27	
5/15	59	36	0.03"

Extended Forecast courtesy of the U.S. Weather Service in Gaylord :
Wednesday - mostly cloudy with a chance of afternoon showers and a high near 70. **Thursday** - chance of showers and thunderstorms with a low in the low to mid 50s and a high in the mid to upper 60s. **Friday** - dry with a low near 40 and a high of 60-65. **Saturday** - dry, with a low of 40-45 and a high in the mid to upper 60s.

ADVERTISING CLASSIFIED

Crawford County Avalanche

Classifieds must be paid for in advance

Display Advertising Rate - \$5.75 per column inch
Deadline for Display Classifieds - 12 noon, Monday
Classifieds by the word rate - \$4.00 for 15 words or less, 10¢ per each additional word; includes Internet listing:
www.townnews.com/avalanche/
Classified by the word deadline - 12 noon, Tuesday

1. Real Estate

FOR SALE BY OWNER
Beautiful lot in Manistee River Woods subdivision with private access to Manistee River. Measures 90 x 125 x 120 x 125. \$4,750 Call 517-348-4452. (-27-4-11-18/1)

FOR SALE BY OWNER
Beautiful lot in Manistee River Woods subdivision with private access to Manistee River. Measures 90 x 125 x 120 x 125. \$4,750 Call 517-348-4452. (-27-4-11-18/1)

1. Real Estate

THREE BEDROOM, TWO BATH 1,100 sq. ft. home in the Grayling area. Wooden sidewalk, numerous skylights and ceiling fans. Close to downtown. Immediate occupancy. Coldwell Banker Schmidt Realtors 231-775-1737; call Tom Taylor at 231-775-1326. (-18-25-1-8/1)

TWO-THREE BEDROOM 1,500 square foot, family room-one car garage. \$57,000 By appointment. 517-348-7355 (12/9/99t/1)

1. Real Estate

I BUY HOUSE and land contracts. Pay cash. Quick closings. Are you facing foreclosure? Divorce? Leaving the area? Don't ruin your credit. Call Peninsula Funding 1-800-641-1717. (3/11/99t/1)

THREE-FOUR BEDROOM Two full baths ranch style, full basement, two car attached garage, sun room, large barn style work shop - garage. 1.9 acres - close to town, Isenhauer Rd. 517-348-8046 (-11-18-25/1)

1. Real Estate

BEAUTIFUL Three year old, three bedroom home with three car garage on three acres, three miles from Grayling. 360 ft. AuSable River frontage, privately tucked in the hardwoods. A beauty. \$190,000 leave message. 517-348-2298 (-11-18/1)

EXCELLENT BUILDING LOT One acre black top road, wooded. 150 x 200' Manistee River Rd. Phone 231-258-7820. (-18-25/1)

1. Real Estate

HOME FOR SALE 168 ft. AuSable River frontage, exceptional view. Three bedrooms, two bath, hot tub, two car garage. \$154,900 517-348-3141 (-11-18/1)

FOR SALE BY OWNER Three bedroom, two fireplace, two bath, attached garage chalet. Chase Bridge Road, near Forest Dunes and Mason Tract, one acre plus. \$72,500 517-348-4480 (-27-4-11-18/1)

1. Real Estate

HOUSE FOR SALE Four bedroom, Colonial with access to the AuSable River. 2,280 sq. ft. plus full basement, two car garage, barn, on two lots. Wakeley Bridge area. \$129,000 call 517-348-4748 after 4 p.m. (-18-25/1)

REPORT THE NEWS! Call 517-348-6811.

GOLF COURSE BUILDING LOTS for sale. Lifetime golf and ski memberships included. All lots are one to two acres. \$29,000 to \$49,000. Skyline Ski and Country Club. 517-275-5445 (4/20/00t/1)

NICE FAMILY HOME

Well cared for home is ready to move into. 3 bedrooms, 1 bath, new carpet in '97 and '98 throughout. Furnace new this year, new last year dishwasher, sink-erator & garbage disposal, built-in microwave, stove & refrigerator included. Attached insulated garage with opener. Basement offers family room and lots more. Lot is on the corner and is 60x126. \$57,900 MI S# 9-3553

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Coldwell Banker Cornell Realty consistently delivers the highest level of service to our clients and customers. We consider selling your home and property a "partnership" and we work together with you to not just list your home, but to sell your home!

PRIME LOCATION IN DOWNTOWN GRAYLING. First class building recently finished in "Midwest Magazine" Antique show cases are priced separately. Current burst retail business could also be used as a restaurant or service business. duplex capitol. \$129,900 MI S# 1245

NEAT AND CLEAN 3 BEDROOM home located just out of Grayling. New roof and vinyl siding, birch paneling, 2 car attached garage, family room, paved driveway, natural gas hotwater baseboard heat. Immediate occupancy. \$62,900 MI S# 1690

LAND CONTRACT TERMS AVAILABLE. 1999 modular on 2.5 acres. This home offers 3 bedrooms, 2 baths, appliances, 2 car garage, deck. Private setting. \$77,900 MI S# 9-2805

GREAT LOCATION. Affordable 4 bedroom home located near Higgins Lake. Amenities include 2 bedrooms, 2 full, 2 1/2 amp service, 1250 gallon septic, 8x12 deck. \$54,900 MI S# 4188

EXECUTIVE HOME featuring 3 bedrooms, plus large open loft, cathedral ceiling, stone fireplace, natural pine log/corner, 2 baths, master bedroom suite, modern kitchen w/stand, patio, central air, landscape & irrigation system, beautiful views. \$229,000 By appointment. MLS# 9-3897

PERFECT STARTER OR RETIREMENT HOME. This 2 bedroom home offers all appliances, 2 car garage, partial basement and electric heat. \$66,500 MI S# 9-3631

NEW CONSTRUCTION! This new home is situated in the woods, close to state and the AuSable River, lakes and snowmobile trails. Amenities include 2 bedrooms, 2 full, 2 1/2 amp service, 1250 gallon septic, 8x12 deck. \$54,900 MI S# 4188

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NICE HOME IN THE CITY! New vinyl siding & roof. 3 bedroom, 1 bath offers 1,300 sq. ft. with natural gas heat, new gas log fireplace in family room. Formal dining room, fresh paint throughout. Partial basement, 1 1/2 car attached garage. Fenced in yard, walkout patio door onto large deck with bench seating. Immediate occupancy. Close to hospital, schools and shopping. **Reduced \$66,500 CS-837**

207' FRONTAGE ON THE MAINSTREAM AUSSABLE RIVER. Enjoy the seclusion sitting on your 16x30 river-side dock on a private bend on the world famous AuSable River. Quality post & beam saloon with all the amenities: 1,617 sq. ft., 4 bedroom, 2 baths, cedar T&G ceilings, over sized Anderson windows, custom oak cabinets and pine flooring in kitchen & dining room, built-in appliances and a jacuzzi tub. Landscaped yard with irrigation system. One of a kind, must see! **\$282,700 CH-1139**

BEAUTIFUL NEW MODERN HOME IN THE CITY! 3 bedrooms, 2 baths, 1120 sq. ft., cedar cathedral ceilings in living room, dining and kitchen area. Kitchen has oak cabinets, island bar and sink. Oak floors throughout, oak trim and solid oak doors, custom fitted venetian blinds, paved drive and walkways. Front door has side light window, slate at entry doors, pre-treated wood porches and cement decks. Maintenance free vinyl siding and large carefree insulated windows. Many more features. **\$125,000 CS-963**

LOG HOME/COTTAGE-LAKE MARGRETHE'S FINEST PRIVATE ASSOCIATION 60' sandy beach front, private boat slip, common adjoing park. 1,296 sq. ft. three bedroom, half log home. Knotty pine T&G interior. Cathedral log beamed ceilings. Open star case. Loft bonus room. 9x36 screen porch. Anderson Windows. **\$105,000 CH-1130**

COUNTRY SETTING-STATE FOREST ACROSS ROAD Perfect recreational setting. Pere Marquette State Forest across road. 1 1/2 story, 1,344 sq. ft., 3 bedroom home/cottage. Detached drive through garage with 8x24 lean-to, concrete apron. Built in 1990. Full basement. Priced right! Offering immediate occupancy. **\$68,900 CH-1128**

VERY WELL MAINTAINED DUTCH MODULAR. 3 bedroom, 2 bath home on 2.37 acres. Complete with refrigerator, stove and dishwasher. Both front and rear decks for easy access. Cement patio for leisure and convenience. Peaked ceilings throughout. Detached 2 car garage, plus extra 8x12 storage shed. **Reduced \$69,500 CS-968**

FIVE ACRES FRONTING BLACKTOP ROAD Close to State Forest, rivers and lakes. Well maintained 1,064 sq. ft., 3 bedrooms, 1 1/2 baths, 1981 Buddy Mobile with metal roofover and 14x20 addition. Three storage sheds. Second bathroom has fixtures but are not connected. **\$45,000 CH-1120**

THE PERFECT RENTAL INVESTMENT OPPORTUNITY. This three unit triplex is located on the main branch of the famous AuSable River, in the heart of Grayling. Conveniently centered near schools, shopping and medical facilities, it has the ideal location. The three units are approximately equal in size, 580 square feet. Each has one bedroom, a spacious bathroom, a dining room, kitchen combination and a large living room. **\$118,000 CS-1082**

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1. Real Estate

WOODED LOT Oak and Pine. 1 1/2 acres. \$10,500 Land contract terms. Association underground utilities. 517-348-7355 (5/11/00tf/1)

LOG HOME - ROUGHED IN Two wooded lots. Anderson windows. 4" well and septic. Association near river. 517-348-7355 (5/11/00tf/1)

THREE BEDROOM HOME built in 1999. 1 1/2 bath. 2 car attached garage on two plus acres. Five miles east of Grayling on paved road. \$75,000 517-348-4840 (-18-25-1-8/1)

2.(a) Want To Rent

WANT TO RENT CABIN on Lake Margrethe for two to eight weeks this summer. No pets, references available. 317-590-8670 (LR6/8/00/2a)

2. For Rent

MAKE ARBOR COURT APARTMENTS your new home. Large two bedroom apartments. Maximum income level of \$18,900 for two person household. Rent based on 30% of gross monthly income. Barrier free unit available. Call Sande 517-366-4475 or Mary Ann 888-576-6468 for more information. Equal Housing Opportunity. (9/16/99tf/2)

CABIN FOR RENT AuSable River. Sleeps four. call 517-348-8350. (4/20/00tf/2)

FURNISHED Non-smoking. two bedroom house with 1 1/2 car attached garage. Ideal for single person. On paved road 11 miles south of Grayling, close to Higgins Lake. No pets. Personal and employment references required. \$375 month plus security. 734-459-6641 (-4-11-18/2)

FOUR BEDROOM HOME for rent. 6630 Manistee, Frederic, Michigan. \$550 per month plus utilities. First/last security deposit. 517-348-5587 (-18-25/2)

OFFICE SPACE AVAILABLE Five room office suite with restroom available in June. Located on M-72 West. Call 517-348-5474, ask for Randy Thompson. (5/11/00tf/2)

COBBLE CREEK APARTMENTS A family community. is now accepting applications for our spacious one/two/three bedroom apartments and barrier free units. Rent is based on income. For additional information or application please call 517-348-3150 or for hearing impaired call 1-800-760-1997. Equal Housing Opportunity. Lansing Management Company. (-18-25-1-8/2)

TWO BEDROOM MOBILE Home for rent. Inquire Timberly Village Mobile Home Park office. (5/4/00tf/2)

NO SECURITY DEPOSIT REQUIRED Apartments for rent. furnished or unfurnished. one or two bedroom. heat and water paid. \$499 and up. Rooms for rent. includes microwave, refrigerator, kitchenette, HBO and Cinemax. free continental breakfast. Weekly special \$149 plus tax. Call AuSable Motel 517-348-8900 (-4-18/2)

NICE CLEAN Two bedroom duplex—700 sq. ft., storage, laundry hook-up, trash pickup, lawn care, snowplowing, adult non-smoking unit. \$410 Employment and rental refer. 700B Smith St. Phone 517-348-2178. (5/11/00tf/2)

THREE BEDROOM CABIN in Frederic. Call 517-348-3954. (-18/2)

WE HAVE AIR CONDITIONING FOR YOUR HOME!

Whispering Pines is now accepting applications for 1 bedroom apartments. Must be over 62 or handicapped or disabled of any age. Rent based on 30% of income for very low to moderate income households. Rent includes heat, water, garbage removal and maintenance. Laundry facility on site. 517-344-0020 M-F 10 to 2 or by appointment

Barrier free waiting list available
Equal Housing Opportunity

2. For Rent

CLEAN TWO BEDROOM home with washer/dryer, appliances and garage. \$400 month plus deposit. References required. No pets. 517-348-2418 (-18/2)

NICE CLEAN FURNISHED Cabin only. Close to store. \$325 a month plus deposit \$350. 517-348-5428 or call after 5, 517-348-3048 (5/11/00tf/2)

COZY CABINS in wooded setting at Lost Acres - located at 11010 N. Old U.S. 27, approximately 2.5 miles south of Waters. Year round living at affordable prices. Cabin Five has new paint and carpeting. one large room plus a separate kitchen and dining area and rents for only \$375 per month - LP heat and electric included in rent. Security deposit is \$150. Unit can be furnished or unfurnished as needed. Call Leo toll free at 877-227-6976 weekdays or 231-499-5815 on weekends. (5/18/00tf/2)

HOUSE FOR RENT City of Grayling two bedroom. 2 1/2 car attached garage, range, refrigerator, laundry room, large fenced in lot, utilities not included, no pets. 806 Elm St. \$475 month plus security deposit. 517-348-4716 (5/4/00tf/2)

2. For Rent

APARTMENT FOR RENT Two bedrooms. 305 Ionia St. \$400 month, pay gas, water and \$400 security, lights, inc. Call 517-348-5560. (-18-25/2)

ATTENTION ONE BEDROOM CABINS Painted and new carpet, includes utilities. New owners. Evenings 517-826-1206. (-18/2)

DON'T MISS THIS ONE completely remodeled two bedroom first floor apartment in Grayling. In a very quiet building with intercom from apartment to locked security door. Hookup for washer and dryer in apartment and in locked storage space in basement. Air conditioned. Non-smoking. 201 Fulton \$500 per month \$475 deposit plus utilities. References are required. Call 517-348-7143. (5/18/00tf/2)

NOW ACCEPTING APPLICATIONS for one and two bedroom homes at Grayling Pines Apartments. Rent based on 30% of income for very low to moderate income households. Rent includes heat, water, garbage removal and maintenance. 517-344-0020 Monday-Friday, or by appointment 10 a.m. - 2 p.m. Barrier Free Waiting List available. Equal Housing Opportunity. (-11-18-25/2)

2. For Rent

RIVER FOREST FAMILY APARTMENTS at the corner of Hannah and Ballenger in Roscommon has one and two bedroom units available. Rent based on income with limited subsidy. Applications at office on site or call 517-275-4061 or 1-800-225-7982. Managed by Stratford Group Ltd., 442 W. Baldwin Street, Alpena, MI 49707. Equal Housing Opportunity. Hearing TDD # 1-800-855-1155. (-27-4-11-18/2)

RIVERVIEW SENIOR APARTMENTS 306 Knight Street in Grayling is updating the waiting list for one and two bedroom units. Persons must be 62 years or older, or handicapped and/or disabled of any age. Rent based on income with subsidy available. Barrier free apartment in building. Applications on site or call Linda at 1-800-225-7982. Managed by Stratford Group Ltd., 442 W. Baldwin, Alpena, MI 49707. Equal Housing Opportunity. Hearing TDD # 1-800-855-1155. (-27-4-11-18/2)

1. Real Estate

Connie Winans
Very clean 2 bedroom home has new carpet & plenty of extras like built over snow roof, extra insulation, replaced vinyl thermo windows, large covered deck, a screen house to enjoy the summer without bugs and a garage/storage building. Situated on a 4+ acres parcel close to snowmobile trails and state land is across the road! #4552 \$60,000 Ask for Connie Winans!

River Country Real Estate • 2375 S. I-75 Bus. Loop (517) 348-5474

1. Real Estate

Century 21 River Country Real Estate
See all of our listings at:
www.century21grayling.com



A unique property consisting of almost 73 acres of wooded land and state property on two sides. Remodeled older farm style home w/4 bedrooms. Hardwood floors under carpet, knotty pine interior on 2nd floor, new vinyl siding and trim, new vinyl windows, and a lot of space inside and out. Between Grayling and Roscommon. Appointment necessary. #4603 \$165,000 Ask for Debbie Bondar!



This spacious well maintained 3 bedroom, 1 bath, 2 story home shows great pride in ownership. Offers a formal dining room, cozy family room with wood burner, large utility room, basement and much more. Must view to appreciate. #4606 \$79,900 Ask for Bob Pollack!



Nice 3 bedroom home located in Manistee River Woods includes access to the Manistee River & adjoins state land. Some other amenities include a nice front deck, shed a Home Warranty and garbage pick-up. #4609 \$51,000 Ask for Connie Winans!



Beautiful 3-4 bedroom, tri-level home on a fully wooded, secluded 40 acre parcel. Home has many updates including a brand new family room. Gorgeous knotty pine interior. Wildlife galore and many walking trails throughout the property. #4608 \$224,000 Ask for Bob Pollack!



An excellent location for year round fun in northern Michigan and on Lake Margrethe. Very nice & neat, well maintained mobile with peaked & shingled roof. Vinyl overhang, all vinyl windows. Home is situated on a corner parcel & offers many amenities. Large 24x28 attached garage for all your toys. Cement driveway, sidewalk & breeze-way. #4393 \$59,900 Ask for Debbie Bondar!



Excellent location & close to town. Very nice older home, well maintained with 3 bedrooms. Offering a large living room & formal dining room. Fenced back yard, enclosed rear porch & all appliances. #4533 Reduced \$74,900 Ask for Debbie Bondar!

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2. For Rent

NICE THREE BEDROOM RANCH with two car attached garage, large lot, nice area. 517-344-9361 (-18-25/2)

KITCHENETTES FOR RENT Western Trails Motel. 517-348-7681 (-18-25/2)

3. Employment

PHYSICAL THERAPIST MidMichigan Visiting Nurses, providers of home health services, is seeking applicants for a full time Physical Therapist. This position requires a current PT license, two years experience, with one to three years health care experience preferred. Applications may be sent to: Human Resources, MidMichigan Visiting Nurses, 3007 N. Saginaw Rd., Midland, MI 48640. EOE (-18/3)

MEDICAL SOCIAL WORKER MidMichigan Visiting Nurses, providers of home health and hospice services, is seeking applicants for a part time MSW to work in our hospice program in Roscommon County. This position requires a master's in social work, two years experience, with health care experience preferred. Applications may be sent to: Human Resources, MidMichigan Visiting Nurses, 3007 N. Saginaw Rd., Midland, MI 48640. EOE (-18/3)

3. Employment

PHARMACY TECHNICIAN Mercy Hospital Grayling is looking for a person to fill a part time position on days as a Pharmacy Technician. Person will work under the supervision of the Pharmacist to formulate, prepare and deliver medications. The successful candidate must possess a high school diploma and be certified as a Pharmacy Technician or be able to become certified within six months of employment. (May also consider PT or LPN with appropriate background). Interested persons please contact: Mercy Hospital Grayling Human Resources Department, 1100 E. Michigan Ave. Grayling, MI 49738 Phone 517-348-0528; Fax 517-348-0485. (-18/3)

NUCLEAR MEDICINE TECHNOLOGIST position (full-time) in an acute care, newly built, state-of-the-art facility in beautiful northern Michigan. Current registry or eligibility for registry by the American Registry of Radiological Technologists required. Previous experience required. If qualified and interested, please send resume to: Janet Norton, Human Resources Manager, West Branch Regional Medical Center, Department 2, 2463 S. M-30, West Branch, MI 48661. (-11-18/3)

RE/MAX of Grayling is looking for a highly motivated Office Administrator to work full time. Looking for a team player to be a part of a professional organization. Real Estate background preferred but not necessary. Please contact Craig or Charlene at (517) 348-7440 or send your resume to RE/MAX of Grayling Attn: Craig Hinkle P.O. Box 550, Grayling, MI 49738

-11-18-3

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AMISH LOG BEDS, ten different styles plus cast aluminum street lamps and clocks. Delivery available. Call TimberTown 1-800-832-7060. Also chimney, basement and bowed wall specialists.

BUILD YOUR OWN HOME. You serve as project manager. We serve as project guide. 100% financing. Your efforts earn equity COBS Homes 1-231-933-6311. www.cobshomes.com

KILL LAKE WEEDS - Proven Aquacide pellets destroy unwanted underwater weeds. Spread marble-sized pellets like grass seed. Effectively kills weeds at any depth. Certified and approved for use by state agencies. For facts and a brochure call 1-800-328-9350. Aquacide Company, or write: Aquacide Company, 1627 9th Street, Dept. MC, PO Box 10748, White Lake, MI 48110. www.killlakeweeds.com

BUILDING SALE... No Salesman. Go Direct and Save. Final Clearance. 20x26 \$2,600.00, 25x30 \$3,145.00, 30x40 \$4,750.00, 35x50 \$6,100.00, 40x60 \$7,800.00, 45x60 \$12,000.00. Others. Pioneer 1-800-668-5422.

MISCELLANEOUS

RECEIVING PAYMENTS? Michigan Investor pays CASH for your Land Contract, or Annuity Payments. Cheerful, no obligation phone quotes. Best prices!! Call us last: Rich (800) 868-6450.

REACH 2 MILLION Michigan readers with a 2 x 2 display ad for only \$949 - Contact Linda at Michigan Newspapers, Inc. (517) 372-2424.

SAWMILL \$3795. Saw logs into boards, planks, beams. Large capacity. Best sawmill values anywhere. Free information. Norwood Sawmills, 262 Sonnet Drive, Buffalo, NY 14225. 1-800-576-1363.

PLACE YOUR STATEWIDE AD HERE! \$249 buys a 25-word classified ad offering over 1.3 million circulation. Plus your ad will be placed on AdQuest 3D Classifieds and Michigan Press Association's websites. Contact the Crawford County Avalanche at 517-348-6811 for details.

**CONTRACT
FUNDING GROUP!**
Are you ready to get paid
from a land contract?
Call us and cash out!
Free call, free quote.
Fast and friendly service.
1-888-332-3488

CRAWFORD COUNTY
AVALANCHE
102 Mich. Ave. • Grayling • 348-6811

4. Services Offered

DAWN'S DAY CARE Licensed meals provided. Maple Forest, Frederic. 517-344-2801 (-11-18/4)

BAND INSTRUMENT REPAIRS Thirty years experience, prompt service. Fred Battershell. (517) 275-8382 (LR5/18/00/4)

JB POWERWASH & PAINTING Keep your house & deck looking clean. Call 517-344-1412. (LR6/8/00/4)

PIANO TUNING AND REPAIRS Rogers Piano Service, Fairview, MI 48621. Over 20 years experience. (517) 848-2262. (3/19/91tf/4)

GARDENING PROJECTS Need any help getting your garden started. 15 years experience rototilling gardens of any size. Call Jim at 348-2991 for your gardening tips. Karen Woods area only. (LR5/25/00/4)

YELLOW CAB will be opening, June 1st, Thursday, Friday, and Saturday to start 6 p.m. till close? Phone 517-370-5192 will be open full time later, will go anywhere, call for prices. (-18-25-1-8/4)

SMALL JOB SERVICES HOME REPAIRS
Len Rodney - 348-8680

NEIL'S LAWN CARE
Spring Clean-ups - Lawns Mowed
Seeding - Fertilizing
Complete Lawn Care
Free Estimates
(517) 366-4654

5. For Sale

14 X 70 TRAILER Three bedroom, good condition, 1995 travel trailer, 36' Coachman, snowmobile trailer, holds two. 517-348-5275 (-4-11-18-25/5)

TWO EACH CANOES One aluminum 17 ft. with solo seat and paddles. One each like new Radisson, Canada square back, two seat canoe with sponsons model 12 wt. with oars stored. Handles. 2 HP motor and wheels for hand moving foam lined. Will accept sail kit. 517-348-2886 (-18/5)

1995 COLEMAN POP UP Excellent condition, used only four times. Deluxe cabinetry, attached screen house/awning, sleeps seven. \$4,250 517-348-1326 (-11-18/5)

AU SABLE FLOAT BOAT 23 ft. with trailer. \$3,500 517-655-6198 (-18-25/5)

1989 TERRY RESORT fifth wheel. 21 ft. air, microwave, real clean. 1978 Honda 650 cc motor cycle. \$500 or B.O. Call 517-348-1238 (-18/5)

Kuk's Nursery
We have hundreds of potted and balled trees and shrubs such as: Crimson King Maples, Birch, Mt. Ash, Flowering Crabs, Lilacs, Yews, Forsythia, Burning Bush, Spirea and many others at low spring prices. Located 8 miles north of Roscommon on Old M-76 (S. Grayling Rd.) Northbound I-75 exit 244 mile marker, turn left 1 1/2 miles to blinker, then right 3 miles on Old M-76 (S. Grayling Rd.) Southbound I-75 take 251 mile exit. Turn south on Old M-27 to the Moose Lodge then left on S. Grayling Rd. for 1 1/2 miles.
Open everyday 9-5.
Closed Wednesdays
(517) 275-8491

5. For Sale

FOUR FAMILY GARAGE SALE under one roof. 401 Brink St., May 19 and 20, 9-5, rain or shine. (-18/5)

12 FT. ALUMINUM BOAT Flat bottom, doesn't leak. \$75 517-348-8426 (-18/5)

23 FT. 1994 JAYCO Travel Trailer. Phone 517-348-8805. (-18/5)

WASHER AND DRYER Both \$95. Lightly used at cottage. Call Saturday, May 20, 517-348-9606. (-18/5)

KENMORE ENERGY SAVER \$120/pair, queen size couch. \$25 517-344-9051 (-18/5)

1994 SPECTRUM 24 foot pontoon boat, 40 horse power force, outboard gas grill, life jackets, looks and runs great. \$5,800 or best offer. 517-348-6900 (-18/5)

1973 GMC BUS converted to motor home, nearly complete. Everything included to finish, lots of extras. \$3,000 or trade for pick-up of equal value. 517-348-6900 (-18/5)

SCUBA GEAR MARES vest, size large; Octopus 1st and 2nd stage regulator; Console depth, pressure and temperature gauge. Brand new - never used. Call 517-348-8956. (-11-18/5)

AKC GERMAN SHEPHERD PUPPIES Available May 16, 2000 \$250 517-344-9507; 517-344-9249 Marty. (-18-25/5)

WEIDER WORK OUT CENTER New, \$150. Walk-fit machine \$50; new. Small New-wave stereo system with turntable and dual cassette player. \$25. Long dresser with mirror; nine drawers. \$100. Small gray Nintendo chair \$10. Sega system with games \$40. Spinnet piano, excellent condition. \$550. Full-size waterbed with bladder and drawers, headboard has shelves. \$100. 517-348-3085; 517-348-4951 (-18-25/5)

1995 28 FOOT DUTCHMAN 5th wheel, travel trailer, like new. 517-348-8697 (-4-11-18-25/5)

5. For Sale

1978 HONDA GOLD WING. Fairing and saddle bags, excellent condition. \$1,975. O.B.O. New clutch, and tuneup. 18' Sylvan boat with 75 hp Mercruise OB great for fishing \$2,550 O.B.O. Pro Form deluxe treadmill \$225 O.B.O. heavy duty. 517-348-2808 (-18-25/5)

SINGLE WIDE TRAILER (damaged) Free. You remove. Call 810-716-8894 after 6 p.m. weekdays and anytime weekends. (-18-25-1-8/5)

SKYLINE SKI & Country Club Springtime hours, open 12 noon, Thursday thru Sunday. Lunch and dinner specials daily. Just four miles south of Grayling off I-75. 517-275-5445 (5/4/00tf/5)

25 FT. PONTOON with 55 hp. Evinrude motor. Complete with top, benches, Captains chair, horn and spotlight. Older model, runs great. \$2,500 Call 517-348-8103 (-11-18/5)

JOHNSON 70 HP MOTOR Newly rebuilt, new starter, excellent engine \$2,150 or B.O. 517-348-8439 or 517-374-6388 (-18-25/5)

6. Wanted

WANTED PROPERTY 10 to 20 acres in the Grayling area. Days 517-348-2931 ask for Ken. Evenings after 6 517-348-4581. (-18-25/6)

WANTED Someone to mow my lawn. Call 517-348-5945. (-18/6)

WANTED ON LAKE MARGRETHE Looking for a dock to tie up our twenty-four foot pontoon boat from mid May until mid September. Only two people and occasional guests will use the insured boat. We will pay a reasonable rate. If interested call 517-348-2107. (-11-18/6)

WANTED Corner cabinet for TV. 517-348-2338 (-18/6)

7. Miscellaneous

FREE GRAVEL You pick up 517-348-3954 (-18/7)

7. Miscellaneous

CUSTOM SIGNS Decals, lettering and graphics for boats, trucks, trailers, business any size, any color. Call Pete Kocenas 517-348-8627 or 1-800-848-1268. (5/18/00tf/7)

LOST INDOOR CAT Got out Monday, May 8th. Jones Lake Rd., Wilcox Bridge Rd. vicinity. Neutered, front claws declawed. Orange and white, two years old. 12 pounds, answers to name Gizmo. offering reward. 517-348-4366 after 5. (-18/7)

8. Announcements

SAWMILL SERVES Fish and Steak Specials anytime, every day of the week. \$5.95 each. (1/27/00tf/8)

LOST

Tri-colored Sheltie puppy in AuSable Woods North on May 8th. Her name is Princess and she is 7 months old.
Call 517-344-9119



Attn: Motorcyclist

Blessing of the Bikes for Hillman May 20, 2000

Leave from St. Francis (M-72 W) parking lot at 10:30 a.m.

8. Announcements

REGISTER FOR FALL Crawford Au Sable Day Care is now accepting fall registration for the preschool program or full time child care with preschool program. For information call 517-348-7709. (-18-25/8)

GRAYLING HOLIDAY INN'S Speakeasy Saloon Live entertainment Tuesday thru Saturday bands playing May 17-20 Risque, May 24-27 Gotham City, May 31-June 3 Terry Cooper. Happy Hour in our Speakeasy Saloon 4-6, Mon.-Fri. (-18-25/8)

THE CLASSIFIED - The perfect place to find that first car. (517) 348-6811

COME JOIN THE FUN at the Plaza Bar. Karaoke every Friday and Saturday night at 9 p.m. (5/18/00tf/8)

8. Announcements

STOP INTO THE SAWMILL for daily home made soup and sandwich special. (1/27/00tf/8)

HELPING HANDS C.A.N.I. Now offers ASL and Finger spelling day/evening classes starting May 23! No books required! Please call 517-275-7912 for more info., or stop in at our Roscommon office, across from Glens Market! (-18-8)

9. Personals

WANT TO LEARN a beautiful language? American Sign Language and Finger spelling day/evening classes, Tues./Wed., starting May 23! No books required! Please call Helping Hands C.A.N.I. at 517-275-7912 for more info., or stop in at our Roscommon office, across from Glens Market! (-18/9)

Farm Market
Wellington Farm Park
Coming Soon!

6771 S. Military Road, Just south of Four Mile 5/11/00tf/8

REQUEST FOR PROPOSALS

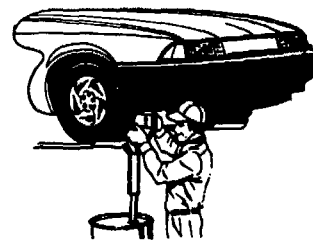
Under the Strong Family Safe Children program the Crawford County Collaborative Body is requesting proposals for services to at-risk families and youth in Crawford County. Priority consideration will be given to creative projects that encourage people to help themselves. Each application for service should not exceed \$10,000 and must be concluded by September 30, 2000. Proposals are due by 4:30 p.m. on May 22, 2000. Application forms may be picked up at the Crawford County FIA office. Questions may be directed to Cynthia Pushman at (517) 344-5121 or Linda Barnes at (517) 826-5489.

11. Automotive

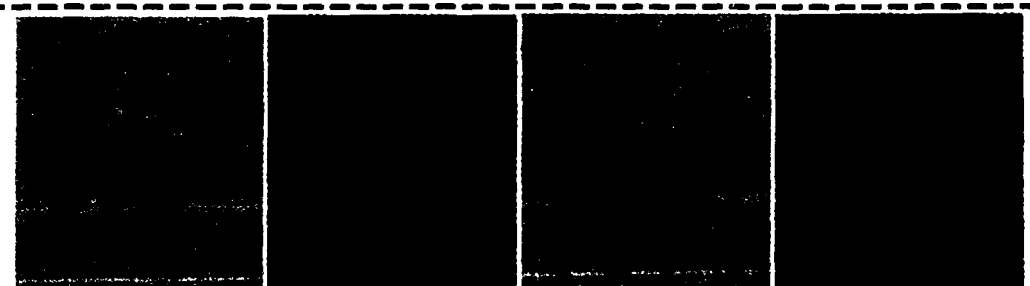
Great deals on great service!

GM Goodwrench Service Plus

Good Time SAVINGS



Looking for quality service? The time to save is right now with the following GM Goodwrench Service Plus Good Time Savings specials:



Open Saturdays 9 am to 3 pm for your convenience

Present coupon at service write-up.



SCHEER MOTORS



U.S. 27 NORTH GRAYLING • 1-800-968-8848 • 1-517-348-5451

*For most vehicles. Prices good through 5/31/00. Taxes extra. See us for details.
*Guaranteed in 29 minutes or less or the next one is free. Includes up to 5 quarts of the quality GM Goodwrench Motor Oil. Install ACDelco® oil filter. Northstar engine slightly higher.
*Includes system performance check; visual inspection of hoses, fittings and seals; belt check and adjustment; cleaning of the condenser; and up to one pound of freon (R12 may be slightly higher.)
*Includes quality ACDelco® disc pads/shoes. Excludes machining rotors/drums.

Avalanche Sets Early Deadlines
Deadlines For Memorial Day

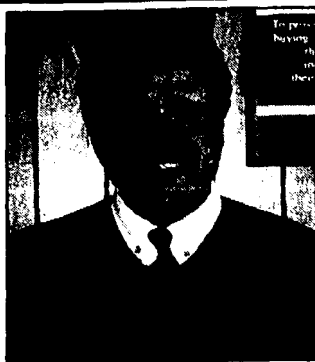
The Crawford County Avalanche will be closed Monday, May 29 for Memorial Day, and will reopen at 9 am Tuesday, May 30.

The deadline for display ads for the June 1 issue is Thursday, May 25, 5 pm. Letters to the Editor and photographs must be turned in by noon Friday, May 26. Classified ads by the word must be turned in by Tuesday, May 30 noon.

AVALANCHE
102 Mich. Ave. • Grayling • 348-6811

11. Automotive

A Winning Combination!



Welcome Steve Harland to Scheer Motors!

Steve Harland has joined the Scheer Motors team. Stop in and welcome Steve to the family.

Steer Straight to

SCHEER MOTORS



OLD 27 NORTH GRAYLING
1-800-968-8848 • 517-348-5451

Monday 8-6, Tuesday through Friday 8-6, Saturday 9-3

9. Personals

CHANGE OF ADDRESS for Joe Collen for those who wish to send letters, notes or cards while he is out touring Southeast Asia. He will be at this address until September 7, 2000. LCPL Collen, Joseph M., 3rd Mef Lf Carat, Unit 35643, FPO AP 96606-5643 (-18-25/9)

10. Garage Sales

FOUR FAMILY GARAGE SALE under one roof. 401 Brink St., May 19 and 20, 9-5, rain or shine. (-18/10)

10. Garage Sales

MULTI FAMILY GARAGE SALE May 26 and 27, 9-7. Edgewater Lane off Stephan Bridge Rd. Furniture, fishing tackle, framed sport prints, like new men's business suits, bikes, small table saw, tent, eight track tapes and much more. Follow signs. (-18-25/10)

GARAGE SALE Friday and Saturday, May 26 and 27, 9-6. 4229 Norwood Dr., Roscommon. off S. Grayling Rd. (-18-25/10)

10. Garage Sales

REWARD Of at least \$5 to anyone finding me anything Bear Archery related at local garage sales. Recurves long bows, quivers, catalogs, lamps, magazine racks, check stubs, trinkets, just anything to do with Bear Archery. Call Pete Koefas 517-348-8627. (5/18/00)(f/10)

GPA GARAGE SALE One Day Only. Saturday, May 27th, 8:30-4:00. 6251 M-72 West at Caroline Diponio's office. (-18-25/10)

10. Garage Sales

GARAGE SALE M-72 East of Grayling, 1.3 miles to Clearwater Trail. Woodburning stove, clothes, tools, furniture, household items and toys. Saturday only 8 a.m. (-18/10)

MOVING SALE Furniture, antiques, Santa Claus collection and odds and ends. 10 to 4, May 20 and 21. 1126 Fascination. Guthrie Lakes, Waters. (-18/10)

9. Personals

Happy 16th Birthday Matt



Love- Mom, Dad & Wayne



Happy 1st Anniversary
Kathy (Worden) and Jeff Owen
May 22, 1999

All Our Love
Mom and Dad

10. Garage Sales

GARAGE SALE Friday and Saturday, 9-5. furniture, dishes, much miscellaneous. 1023 Ole Dam Rd. (-18/10)

GARAGE SALE 3557 M-72 East, nine miles east of Grayling. Household, adult and child clothes, prom dresses, miscellaneous. May 20 and 21, 10-4. (-18/10)

MICHELSON MEMORIAL'S GREAT RUMMAGE sale is May 19th from 9 a.m. to 3 p.m. We've got a Great selection. Come early - don't forget! (-18/10)

9. Personals



Look who's turning
80 on May 20th?

A mother is thoughtful for a lifetime of loving, giving, caring and sharing.

A mother is loved greatly by her family and any friends who see her that day she will be glad to see you.

Jim & Sandy Collen
George & Carolyn Collen
Clarence & Nancy Biddle
Bob & Janice Wright

10. Garage Sales

ANTIQUE GLASS and garage sale. 1350 W. Federal Highway, (one mile east of I-75 exit 244). Roscommon, Friday thru Monday, May 26-29, 9 a.m. - 5 p.m. (-18-25/10)

FIVE FAMILY YARD SALE Saturday May 20, 9-4, 110 Madsen St. Table, fishing equipment, camcorder, bike, children and adult clothing. Microwave stand, home decor, lots of cow items, baby stuff, lots and lots of toys, and other miscellaneous. (-18/10)

ESTATE SALE Nice davenport. \$75 517-348-5026 (-18/10)

GARAGE SALE 1726 Ole Dam Road, Saturday, 9 a.m. to 5 p.m. (-18/10)

GARAGE SALE Washer/dryer, microwave, tents, a lot of large items too much to tell. M-72 East, second house past Down River Pines. Friday, Saturday, Sunday till noon. (-18/10)

St. Francis Thrift Shop
6445 West M-72, Grayling
(517) 348-2572
CHECK OUT THE NEW ARRIVALS OF SPRING & SUMMER CLOTHING!
NEW SUMMER HOURS
START MAY 21ST
TUES. - SAT. - 10 A.M. TO 4 P.M.

11. Automotive

HONDA SHADOW SPIRIT 1999 Mustang saddle, luggage rack, windshield, hi-way bars, drive shaft, 6,500 miles, show room condition. \$7,400 See at Terry's Honda M-72. (-18-25-18/11)

INTERNATIONAL SCOUT for sale. \$300 or best offer, needs work to drive train. 517-348-1382 ask for Carrah. (-18/11)

ADVERTISING DEADLINES:
Regular Display - 1/2 to full page, 5 p.m. Thursday, All others 5 p.m. Friday. Classified Display - 12 noon Monday, Classified by the word - 12 noon Tuesday. These deadlines may change with notice due to holidays or special publication.

1998 PONTIAC BONNEVILLE SE 15,000 miles, great condition, asking \$14,000 517-348-4156 (-20-27-4-11-18/11)

1988 PONTIAC 6000 \$800 1987 Z24 Cavalier. \$1,000 Call 517-348-3192 before 5 p.m. (-18/11)

1986 DODGE 600 SEDAN Runs real good, new brakes and brake lines, new tires. \$800 Call 517-348-9570. (-18/11)

END OF LEASE '95 Ford Eddie Bauer Explorer. Loaded, power everything. Hunter green, gray leather interior. \$15,000 517-348-1024 (-27-4-11-18/11)

HELP WANTED HINTS When placing a Help Wanted Classified, remember to list the job title and duties involved, whether it is full or part time, the name of company or business, mailing address for resume, or street address for walk-in applications. Crawford County Avalanche, 102 Michigan Avenue, Grayling - (517) 348-6811

1998 PONTIAC SUNFIRE Four cylinder, five speed, less than 28,000 miles. \$9,000 517-348-7485 (-4-11-18/11)

BANKRUPT, SLOW PAY, COLLECTIONS, CHARGE OFFS? SCHEER MOTORS NOW HAS A SPECIAL FINANCE DEPARTMENT TO HELP OUR CREDIT CHALLENGED CUSTOMERS. Call or stop by today and ask Deb for a confidential credit interview. (800) 968-8848 or (517) 348-5451. -13-11/11

Answers

ELI	DEB	RIO
NODS	LATIN	CARL
GALE	ATALE	OKIE
NEEDLE	ELATES	
TIARA	LIT	
H-A-H-A	SID	LOLL
SILENT	MAT	NOEL
ADO	ANALYST	ROO
DEFT	TRE	KARENS
STOW	TSP	BENS
WOW	SHILL	
MOANER	ATEASE	
TEAR	LASSO	TILT
HARD	LIKEN	ERMA
ED'S	LIIS	ESP

CARS

1999 Dodge Neon 2 Dr. Sport - Auto with air. Great economy car more flair! Was \$11,988 Now \$11,688 Stock #16868-1

1999 Pontiac Grand AM SE - 4 dr., 4 cyl., tilt, cruise, power windows/locks, cassette. Sharp! Stock #4291 Was \$14,988 Now \$14,688

1998 Oldsmobile Aurora - WOW! What a great car! Leather with power moonroof, heated seats, CD and cassette. Was \$22,988 Now \$22,488 Stock #4309

1998 Cadillac DeVille D'Elegance - Top of the line! Heated leather seats, chrome wheels, all of the options. Very sharp! Was \$24,988 Now \$24,488 Stock #4310

1998 Olds 88 - Extra clean, full size car and neat as a pin! Loaded with extras and on sale! Stock #17390-1 Was \$14,488 Now \$13,988

1998 Pontiac Sunfire Coupe - Teal, auto., air, CD, only 20,000 miles, great car for that college student or someone that likes a sporty car! Stock #17185-1 Was \$13,488 Now \$12,988

1998 Buick LeSabre - Custom, full power, all of the bells and whistles. Very clean! Stock #16186-1 Was \$12,988 Now \$12,688

1997 Chevy Camaro - Auto., air, tilt, cruise, power windows/doors, cassette, keyless entry, very clean & only 24,000 miles & factory warranty. Stock #113913 Was \$15,988 Now \$15,688

1997 Saturn SC2 Coupe - Sharp little red 2 door with air, auto., CD player, cruise and much more! Nice! Stock #209024 Was \$13,288 Now \$12,888

1997 Geo Prizm - Great economy car, built to last! Air, 5 speed manual, sunroof, CD player, cruise, power windows and locks, gets great gas mileage! Stock #419067 Was \$11,488 Now \$10,988

1997 Pontiac Sunfire Convertible - Automatic, teal, white top, very nicely equipped and clean. You won't be able to buy a convertible in the summertime for a price like this! Stock #4136 Was \$14,988 Now \$11,988

1997 Plymouth Breeze - Air, tilt, cruise, power windows & door locks, cassette stereo, nice car! Stock #4302 Was \$7,988 Now \$7,688

1995 Chevy Corsica - Auto, air, tilt, cruise, cassette, power windows, power locks and much more! Great little car for a very reasonable price! Only 55,000 miles! Stock #4273 Was \$7,988 Now \$7,688

1995 Dodge Neon 4 Dr. - Automatic with air, very clean and economical. Gas prices are going up! Stock #4190 Was \$7,988 Now \$6,488

1993 Cadillac DeVille - Creampuff and only 66,000 miles. Clean as a whistle, white with leather. Stock #4286-1 Was \$11,988 Now \$11,788

1993 Mercury Sable - Nice, clean car for not a lot of money! Well equipped and ready to take home! Stock #4280 Was \$6,988 Now \$6,688

1993 Ford Taurus GL - Nice clean car, only 78,000 miles. Stock #4255 Was \$6,488 Now \$5,988

TRUCKS & VANS

1999 Chevy S-10 Blazer - LS, power, full equipment, very nice and not \$30,000. Stock #4214 Was \$21,988 Now \$20,488

1998 Chevrolet S-10 Ext. Cab 4x4 2R2 Highrider - Loaded, all of the toys, low mileage and not \$25,000! Stock #17276-1 Was \$18,488 Now \$17,988

1998 Pontiac Montana Extended 4 Dr. Mini Van - Loaded, sand beige, midship captains chairs, this beauty won't last! Stock #17282-1 Was \$19,988 Now \$19,688

1998 Oldsmobile Silhouette GLS - (top of the line) Beige with leather, loaded, 4 door with power passenger sliding door! Stock #4293 Was \$20,988 Now \$20,488

1998 Chevy Blazer - 4 door, 4x4, LT with leather, loaded. New and sharp Stock #4285 Was \$18,988 Now \$18,488

1998 Pontiac Trans Sport - Great minivan with only 26,000 miles. Nicely equipped with the options you need. Stock #4278 Was \$17,988 Now \$17,488

1998 Pontiac Montana - Loaded! Everything available is on this one! Ready for your spring break trip to warm weather. Stock #4277 Was \$18,488 Now \$17,988

1998 Ford Windstar - Nice shape, full equipment. Less than half the price of a new one. Stock #17118-1 Was \$13,988 Now \$13,288

1998 Chevrolet Tahoe 4 Dr. 4x4 LT - Maxed out leather, CD/cassette. Brand new tires! Off lease. Don't pay \$40,000. Stock #4242 Was \$27,988 Now \$26,988

1998 Olds Bravada All Wheel Drive - Sharp! Black, grey leather, all the goodies! Stock #4249 Was \$22,988 Now \$22,488

1998 Pontiac Montana Extended Mini Van - Talk about a creampuff! Only 5,500 miles! Loaded and ready for you! Don't spend \$30,000 on a brand new one! Stock #4298 Was \$21,488 Now \$20,988

1997 Ford F150 Super Cab 4x4 XLT - Very clean and loaded with leather! Fiberglass topper, V-8 with all of the goodies! Stock #4305 Was \$16,988 Now \$16,688

1997 Chevrolet Suburban 4x4 3/4 ton - Cream puff, 27,000 actual miles. LS with cloth, two tone and it's not \$45,000 like a new one! Stock #17283-1 Was \$27,988 Now \$27,488

1997 GMC Safari Van - Air, loaded, great for a family! This one won't last! Stock #512256 Was \$16,988 Now \$16,488

1997 Chevy Suburban 4x4 - Cream puff! Loaded, rear air, trailing, CD/cassette, aluminum wheels. 31,000 miles. Stock #4243 Was \$27,988 Now \$26,988

1997 Dodge Ram 2500 - Cummins Turbo Diesel Club Cab, 2 wheel drive, SLT, longbox, trailer puller. Stock #4253 Was \$20,988 Now \$19,988

1996 Dodge Ram Regular Cab 4x4 Longbox - SLT, fully equipped and nice! V-8, a real truck! Stock #4297 Was \$14,988 Now \$14,688

1995 Chrysler Town & Country Mini Van - Leather, clean, all the toys. Stock #17062-1 Was \$11,988 Now \$11,688

1994 Dodge Dakota Club Cab - 2 wheel drive SLT, 6 cyl., auto, air. Stock #4317 Was \$9,988 Now \$9,488

1994 Chevrolet Astro All Wheel Drive Conversion Van - Loaded all wheel drive for Michigan weather and not \$20,000. Stock #17267-1 Was \$8,488 Now \$7,988

1992 Chevrolet K1500 4x4 Regular Cab Shortbox - Nice truck with air, power windows and locks, CD, 5 speed manual. Stock #209024 Was \$7,988 Now \$7,688

BUDGET CARS AND TRUCKS

Stock # 4279-1	Stock # 16476-1
1994 - Ford Tempo	1993 - Ford Escort
.....\$2,988\$2,488
Stock # 17163-1	Stock # 4266-1
1993 - Ford Ranger Ext. Cab 4x4	1989 - Dodge Dynasty
.....\$6,988\$1,988
	Stock # 4312-1
	1988 - Ford F150
\$2,488

Many more arriving daily. Check out our website @ www.scheermotors.com

Selected vehicles have our exclusive "WORRY-FREE" 4 month or 4,000 mile limited warranties. Discounted prices for extended warranties on all "WORRY-FREE CERTIFIED VEHICLES." Ask your salesperson for details. Don't forget to ask about our used car leasing programs. For more detailed information on these and other used vehicles in our inventory, visit our Internet Showroom - www.scheermotors.com

NO CREDIT? BAD CREDIT?
CALL DEB FOR SPECIAL FINANCING!
We take anything in on trade...
guns, boats, motorcycles,
snowmobiles...anything!

U.S. 27 NORTH GRAYLING
1-800-968-8848
517-348-5451

Steer Straight to SCHEER MOTORS

See Mike Fortino, Laurie Krey, Scott Longendyke, Cliff Wheeler, Doug Furstenau, Paul Cafuk and Steve Harland.
Mon. 8-8, Tues. - Fri. 8-6, Sat. 9-3, Evenings & Weekends by appointment.

Rummage Sale
Friday, May 19 • 9 am to 5 pm
Saturday, May 20 • 9 am to 3 pm
Mt. Hope Lutheran Church
2 miles north of Grayling on Business Loop I-75 at M-93

OIL CHANGE IN 29 MINUTES OR LESS OR THE NEXT ONE IS FREE!

- Oil change (up to five quarts of oil)
- Oil filter
- Chassis lube
- Fluid level checks
- Brakes - differential transfer case - transmission windshield washer
- 25-point inspection
- No Appointment Necessary**

Competitive Up-Front Pricing
Limited Lifetime Guarantee on Parts & Labor
Courtesy Transportation

\$19.99 EVERY DAY!

Goodwrench Service Plus
The Plus means better.
See us for limited lifetime guarantee details.

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Heart attacks should be treated quickly

*Waiting or ignoring the symptoms can
significantly reduce chances of survival*

THIS YEAR, more than 500,000 Americans will die of myocardial infarction, or heart attack, according to the American Heart Association. Of these, one-half will die before ever reaching a hospital.

Understanding the early warning signs of a heart attack, and the appropriate procedures to take at the onset of an attack, can reduce fatalities among the 1.5 million Americans who suffer attacks each year.

"Results in cardiovascular research have shown that a patient's prognosis for recovery can be improved significantly by early treatment," said Dr. David Hansmann, an Emergency Department physician at Otsego Memorial Hospital. "Unfortunately, however, heart attack victims sometimes wait several hours, or even days, before seeking medical help. By this time, their heart muscle may have suffered damage and their

chance for survival may be decreased."

According to the American Heart Association, the following are warning signs of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting for two minutes or more
- Pain spreading to the shoulders, neck, jaw, arms or back
- Dizziness, fainting, sweating, nausea and/or shortness of breath

THERE ARE several life-saving therapies available to treat heart attacks. Clot-dissolving therapies, balloon anoplasty, atherectomy, or coronary bypass surgery have been used to save thousands of lives from heart attack death.

The key to the success of these treatments is, however, that they must be given as soon as possible. Therefore it is critical for patients to seek immediate medical attention when they experience symptoms of a heart

attack.

"Many heart attack victims deny or ignore their symptoms out of embarrassment or fear," Dr. Hansmann explains. "Because symptoms may be subtle, such as uncomfortable pressure in the chest, they may be attributed to a more mild condition, such as indigestion. People waste valuable time that could save their lives."

In addition to recognizing the warning signs of a heart attack, Hansmann says, "It is essential that all of us understand and immediately implement the appropriate procedures should an attack occur."

Keep emergency rescue service numbers next to telephones and in pockets, wallets or purses. A person who experiences an episode of unexplained chest pain lasting for two minutes or more should immediately call 911 for an ambulance. "The alternatives for patients are clear," Hansmann says. "Ignored symptoms and wasted time can result in serious or fatal heart attacks; immediate treatment can decrease heart muscle damage."

MINIMIZING risk factors, according to Hansmann, is another area of patient responsibility. Risk factors associated with a high incidence of heart attacks include high blood pressure, smoking, and high levels of cholesterol in the blood.

Other potentially important contributing factors are obesity, lack of exercise and certain types of emotional distress. Aside from these risk factors that can be controlled, a family predisposition to heart disease also is a risk factor.



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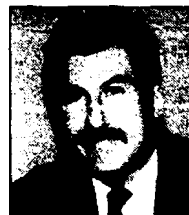
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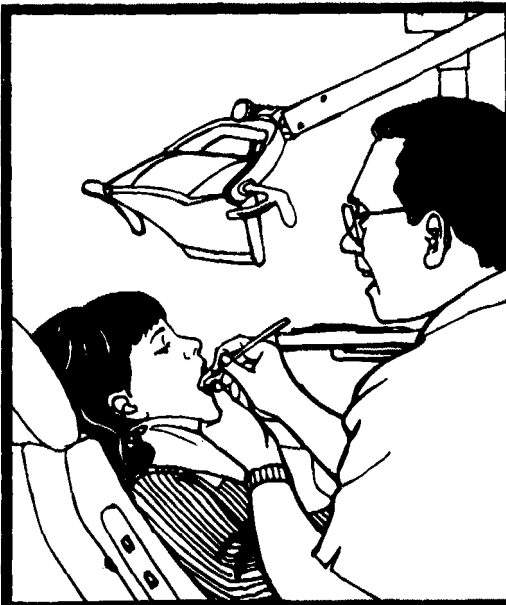
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C. Thomas Riegle, D.D.S.

People today are living longer and healthier lives. They also expect their quality of life to be better than their parents or grandparents. An integral part of our overall health and enjoyment is to be able to properly eat, chew and enjoy food. A healthy and fully functioning dentition contributes significantly to normal digestion and nutrition.

Most of today's dental problems can be prevented with proper home care and regular professional visits to your dentist. People no longer should accept that dentures are inevitable. In fact, the majority of tooth loss is the result of periodontal disease (the gradual destruction and loss of bone and tissue) causing teeth to become loose. With regular professional care, the instigators of periodontal disease can be arrested or eliminated, thus preserving the permanent dentition which was meant to last a lifetime.



Prolonged stress can be a serious concern

STRESS IS a natural part of everyday life. Left unchecked, however, stress can cause physical, emotional, and behavioral disorders that can affect your health, vitality, peace-of-mind, and personal and professional relationships.

If you think you have too much stress in your life, it may be helpful to talk with a doctor, clergy member or other caring professional. They may suggest that you consult with a mental health professional because reactions to stress can be a factor in depression, anxiety, and other mental and emotional disorders.

According to Shelly Vallee, MSW, CSW, North Central Community Mental Health Acute Services Supervisor, "Everyone handles stress differently, some better than others."

Fortunately, anxiety disorders generally respond well to treatment, and the majority of people receiving treatment get significant relief from their symptoms. Treatment may include medication:

behavioral therapy; specific techniques, such as diaphragmatic breathing, or cognitive therapy, which concentrates on changing the ways we think about things."

Here is a checklist of negative reactions to stress and tension:

- Do minor problems and disappointments upset you excessively?
- Do the small pleasures of life fail to satisfy you?
- Are you unable to stop worrying?
- Do you feel inadequate or suffer from self-doubt?
- Are you constantly tired?
- Do you experience flashes of anger over minor problems?
- Have you noticed a change in sleeping or eating patterns?
- Do you suffer from chronic pain, headaches, or back aches?

IF YOU answered "yes" to most of these questions, consider the following suggestions for reducing or controlling stress:

- Be realistic. If you feel overwhelmed by some activities,

learn to say NO!

- Shed the "superman/woman" urge. No one is perfect, so don't expect perfection from yourself or others.

- Meditate for ten to twenty minutes.

- Visualize how you can manage a stressful situation more successfully.

- Take one thing at a time. Prioritize your tasks and tackle each one separately.

- Find a hobby that will give you a break from your worries.

- Live a healthy lifestyle with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play.

- Share your feelings with family and friends. Don't try to cope alone.

- Give in occasionally. Be flexible.

- Go easy with criticism. You may be expecting too much.

For more information, contact North Central Community Mental Health's Alpha Center at 1-800-492-5742.

OMH to build new walk-in clinic

GAYLORD -- Visitors to Otsego Memorial Hospital's MedCare Walk-In Clinic will have something new to look forward to by January 2001. Not only will the clinic continue to meet the urgent care needs of residents and visitors, and occupational medicine needs of businesses in the region, but also provide services in a larger facility with convenient access and parking.

In 1992, OMH formed a walk-in clinic in conjunction with the Hospital's Emergency Department. The dual facility enabled people to walk in without an appointment and be treated for minor medical problems at reduced rates. The popularity of the service grew, and in 1996 OMH opened an independent facility - the existing MedCare Walk-In Clinic on South Otsego Avenue.

SINCE 1997, the demand for the service by residents and visitors to our community has more than doubled. In fiscal year 2000, visits to the clinic are expected to exceed 13,500. To accommodate the growth of the service, in both urgent medical needs and occupational medicine, the OMH Board of Directors unanimously approved in April a proposal to build a Hospital-owned building for the clinic on McCoy Road, near Dialysis Services of Gaylord.

The new MedCare Walk-In

Clinic will feature separate waiting rooms and treatment areas for medical and occupational needs. Larger office space accommodations will be available, and laboratory and x-ray rooms will be included.

THE SITE, which is located on property already owned by Otsego Memorial Hospital, allows for future expansion and provides dedicated clinic parking for visitors and staff.

"The McCoy Road property provides the greatest advantage of all of the sites considered for the new clinic," said Thomas R. Lemon, CEO of Otsego Memorial Hospital. "The clinic will be the first phase of our long-term goal to utilize the property to establish an ambulatory care

campus at the growing south end of Gaylord.

"Our potential for future growth is fantastic," Lemon said. "We are forming strategic plans which will enable us to continue to meet the needs of our service area today and for the future."

The new MedCare Walk-In-Clinic will be a 4,736 square foot structure, more than double the size of the existing facility. The clinic will continue to employ eight employees at the new facility, with future growth determining the need for additional staff.

The new clinic represents an investment of nearly \$600,000. Construction plans are under way.

The facility is expected to open by January 1, 2001.

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2. How many of these cosmetic

surgery procedures has the physician performed?

3. What results can I expect? How long is the recuperation period? Ask to see before and after photos of the physician's previous patients.

4. What are the risks?

5. What is the cost?

For more information, contact the American Academy of Dermatology at 1-888-462-DERM or visit their website at www.aad.org.

Blues or Depression?

WHILE springtime is often associated with increased energy and hope, for mental health professionals, springtime means an increase in suicide attempts and completion. Historically, rates for suicide peak in April and May. And, each year more people in this country die as a result of suicide than from homicide.

Health professionals at local hospitals and Community Mental Health agencies work cooperatively to assure that area residents have treatment options available to them during these crisis events, including evaluations and assistance.

According to the National Institute of Mental Health, the strongest risk factors for attempting suicide in adults are depression, alcohol abuse, cocaine abuse, separation and/or divorce, and isolation. If someone tells you they are thinking of suicide, take their comments seriously and never leave the person alone.

SUICIDE rates increase with age and are highest among Americans aged 65 and older. Firearms are the most common method of sui-

cide by both men and women, and in 1996, the highest suicide rates in the country were among white men over 85.

Many people believe that signs and symptoms of depression are a "normal" part of aging. Depression, however, is a disease that can be treated to relieve suffering for those who have been diagnosed with it.

Studies indicate that the

most promising way to prevent suicide is through early recognition and treatment of depression and/or other psychiatric illnesses.

IF YOU have concerns or would like more information about this topic, call North Central Community Mental Health Services at 348-8522.

This article was printed in Otsego Memorial Hospital's Health Lines, April 2000.

The Blues, Situational Depression and Clinical Depression

• The "blues" are feelings of sadness we all experience from time to time. A divorce or end of a long-term relationship, death, loss of a job or other major crisis can trigger feelings of grief. These feelings are natural and usually pass with time.

• Beyond the "blues" is "Depression." A licensed therapist can diagnose clinical and situational depression and help you develop skills for managing both. For situational depression, a few therapy sessions, books, or even personal research for education can help get someone past an obstacle and back into normal functioning.

• Clinical depression can be treated with medications, cognitive behavioral therapy, education and many other alternatives offered by specialists in the mental health field.

• Symptoms of depression include difficulty sleeping, sleeping too much, either weight loss or weight gain, difficulty concentrating, isolation, agitation, and difficulty with decision making. Depression is sometimes confused with stress. A trained therapist can help you determine an appropriate diagnosis and identify opportunities for managing the ailment.

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Eat well to avoid a mid-life health crisis

"Don't dig your grave with a knife and fork."

- English Proverb

(NAPS) -- Diet affects the risk for cancer, heart disease, diabetes and more. And, it's no secret either that diet affects how you feel and how you look.

These facts strike a chord as you enter the middle years-ages 40 to 65. The possibility of longevity and good health has appeal especially when those subtle signs of aging, such as an episode of forgetfulness or a few aches and pains inch their way into your life.

The alternative to getting older is not terribly attractive. So, why not make the most of mid-life? Good health can, and should, be yours. One way to get there is by eating well. Here's how:

• **Heart Health** - The risk for heart problems increases with age. A low-fat diet lowers the risk by helping keep cholesterol and weight in line. Eating at least five to seven servings of fruits and vegetables a day gives you fiber and all sorts of antioxidants that researchers believe keep cholesterol in check and blood vessels healthy. Plus, they provide nutrients that may help keep blood pressure under control. Making sure you eat enough folic acid and vitamin B6 is important. These two nutrients help keep homocysteine levels in your blood from getting too high. High levels may damage arteries, which in turn leads to plaque build-up inside arteries. Look for these vitamins in fortified cereal, fruits, vegetables, dried beans and nuts.

• **Digestive Dilemmas** - Foods may move through your intestines more slowly as you get older. You can keep them moving with high-fiber foods: whole grains such as bran, fruits, vegetables and beans. Pick cereals with three or more grams of fiber, breads with two or more grams of fiber, brown rice, whole wheat pasta and other grains such as whole oats, quinoa, barley and corn.

• **Bones And Joints** - Bone-wise, it's calcium, vitamin B, phosphorus and magnesium that build a strong frame. Dairy foods deliver on all four. If you don't do dairy, try the new calcium-fortified foods such as rice and certain juices as well as dark green leafy vegetables, almonds, soybeans and certain breakfast cereals such as Total which has 20 percent DV of calcium. Four or five servings a day of high calcium foods

meet the body's need.

When it comes to your joints, excess weight can be a burden. A lean eating plan plus a few meals each week that include fish might help. Omega-3 fatty acids, commonly known as fish oils, have shown some anti-inflammatory properties which may also help ease arthritis pain. Though the research is not conclusive, it is promising. Good sources of omega-3's include salmon, trout, albacore tuna and mackerel.

• **Eyes For The Future** - It's believed that free radicals can damage the lens of the eye thereby increasing the risk for cataracts. It's possible antioxidants such as vitamin C, E and beta carotene can stall or minimize free radical damage though scientists are not drawing conclusions just yet. Two other antioxidants, lutein and zeaxanthin, have shown promise in preventing one type of blindness. Food sources for all these antioxidants include corn, winter squash, and dark green leafy vegetables such as spinach and Romaine lettuce.

• **A Great Start Toward**

Total Nutrition - Drinking enough fluid is crucial to good health. At least eight glasses of water or other non-alcoholic, non-caffeinated beverage will work. Alcohol and caffeine actually pull water out of your body.

• **The Weighting Game** - Weight gain happens during the middle years. The number of calories your body burns tends to decrease, your activity level may slack off yet what you choose to eat doesn't change much. Use these two formulas to help reconfigure your figure.

If you want to maintain your weight, multiply your current weight (in pounds) by 13. If you wish to lose weight, multiply your current weight by 10. The answer is the number of calories you should eat in a day.

Experts recommend burning 300 calories a day in physical activity to lose body fat. That translates into 45 minutes of biking, walking, or singles tennis. Dancing, golfing (if you walk the course) gardening, even housekeeping are calorie burners too.

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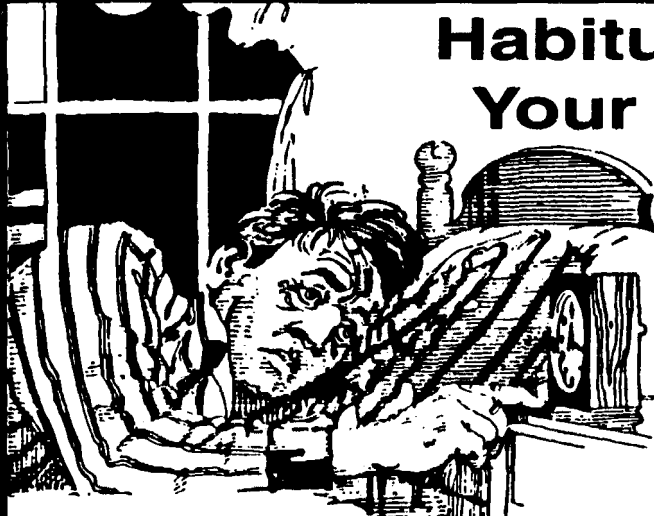
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A recent Gallup poll shows that those people who are firmly committed to taking charge of their health (26% of the people surveyed) have an increased sense of well-being, feel confident in their appearance, and overall, are more satisfied with their lives. If you are among that happy 26%, congratulations. If you fall somewhere in the other 74%, ask your doctor for tips that can help you take charge of your health and start you on the road to a happier, healthier, more satisfying way of life.



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Early detection is the best defense against breast cancer

Hospital offers tips for dealing with breast cancer

AS OF NOW, there is no known way to prevent breast cancer. But we can fight it. And we can survive it, if we first know how to identify it.

The physicians and clinicians at Northern Michigan Hospital's breast health services have adopted the American Cancer Society's guidelines for early detection of breast cancer:

Age 20-39

- Clinical breast exam every three years
- Breast self exam every month

Age 40 and over

- Mammogram every year
- Clinical breast exam every year
- Breast self exam every month

A **CONSULTATION** with your physician or clinician regarding more frequent mammograms and an earlier baseline mammogram is recommended for women who have a history of breast disease, or if breast disease runs in the family.

A clinical breast exam is done by trained health professionals who check for any areas of the breast that may feel irregular. A mammogram is the image produced by a low-dose x-ray of the breast.

Northern Michigan Hospital's Siemens mammography system provides clinical application for screening, diagnostics and intervention.

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The breast health services are located within the Radiology Department on the ground floor at Northern Michigan Hospital in Petoskey.

THE SERVICE is accredited by the American College of Radiology, licensed by the Michigan Department of Public Health, and certified by the Food and Drug Administration for compliance with the Mammography Quality Standards Act of 1992.

For more information about breast cancer, screening, or mammography services, please call Northern Michigan Hospital's HealthAccess at 1-800-248-6777.

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Healthy treats help in battle to lose unwanted pounds

Self-improvement never goes out of style. Many people aim for better health by eating a more nutritious diet, exercising faithfully, avoiding overindulgence in junk foods that offer mostly fat and calories.

This kind of change in lifestyle takes self-discipline. The rewards don't come immediately. Improvements may be subtle at first. The problem is how to stay on track.

Many people who've stuck with such changes over the long term actually took it a step at a time. Someone who now runs marathons, for example, might have started with a daily walk around the block. A person who's lost 50 pounds or more, and kept the weight off, most likely lost about a pound or less each week.

These long-term winners often use another tactic as well. They reward themselves often, celebrating small milestones. These celebrations make good common sense. It

is backed by sound psychological principles which show that any behavior that gets rewarded is more likely to be repeated.

An effective reward may be five minutes reading a favorite magazine, taking time to romp with your kids or listening to a favorite song on your stereo. Whatever reward is chosen, make sure it's truly enjoyable. During the reward time, remember why a reward was earned ("I power-walked this morning even though I was tempted to skip my workout.")

Most people think of food first when looking for a "treat." By redefining a "treat" as a walk in the garden, a phone call to a special friend or some other activity, both physical and mental health will undoubtedly be improved.

This column was submitted by TOPS (Take Off Pounds Sensibly) Club, Inc. To learn more about TOPS, call 1-800-932-8677 or check out their web site at: www.tops.org.



District Health Department #10 offers free breast and cervical cancer screening for women age 40-64 who have little or no insurance or are on a limited income.

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May is Mental Health Month

While mental health can mean many things to many people, self-esteem and the capacity to care about others are important components of mental health.

■ Mentally healthy people understand that they are not perfect nor can they be all things to all people.

■ Mentally healthy people experience a full range of emotions, including sadness, anger, and frustration as well as joy, love, and satisfaction.

■ While mentally healthy people typically can handle life's challenges and changes, they can reach out for help if they are having difficulty with major traumas and transitions.

Almost everyone will have difficulty at some point in their life. That is normal. In fact, statistics show that mental illness will affect one in five Americans during their lifetimes.

If symptoms interfere with your ability to enjoy life over a period of time, you should seek assistance by calling North Central Community Mental Health's Alpha Center at 1-800-49-ALPHA.

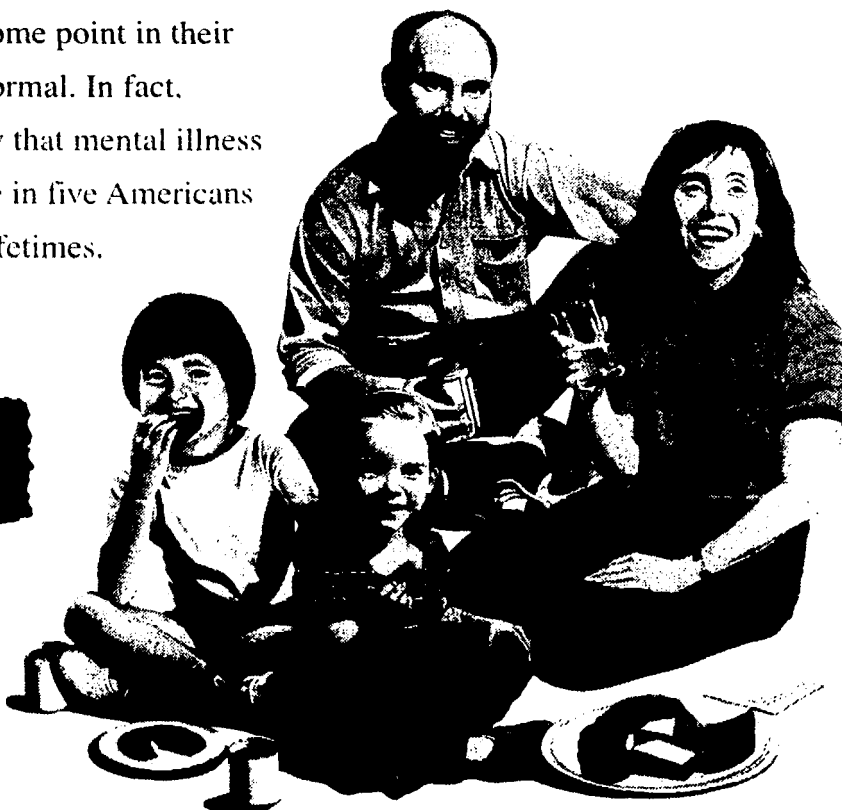
North Central

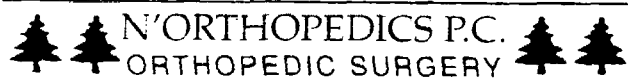
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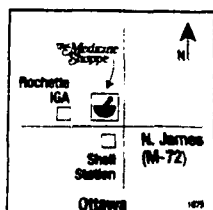
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Big medical bills don't have to push people into bankruptcy

ROCKVILLE, MD - "For people who are drowning in medical bills, there is a solution other than bankruptcy," said Steve Rhode, president of Myvesta.org, formerly Debt Counselors of America. "The lingering and negative effects of bankruptcy will only compound the pain of illness and injury."

Two recent studies link health issues and financial problems.

A study by Harvard Professor Elizabeth Warren and others concludes that more than half of bankruptcy filers do so at least in part because they are unable to cope with the bills following an illness or injury.

An Ohio State University study found that as debt levels go up, so do stress levels - which can intensify the

severity of health problems.

"Money troubles cause fear, embarrassment, anger and frustration," added Rhode. "While some people see bankruptcy as a quick fix, its effects last a long time. Negative marks stay on a person's credit report for up to 10 years, which could make it difficult or expensive to get credit. For some loans, jobs or insurance the negative marks last a lifetime. In addition, many people experience long-lasting negative emotions as a result of filing bankruptcy."

More than 60 percent of bankruptcy filers say that they didn't know there were options. "There are alternatives to bankruptcy, even though the answers are not always readily apparent," Rhode said. "Myvesta.org's

Crisis Relief Team™ creates a comprehensive review of the financial situation and makes recommendations to solve the problems. The team of experts spends a minimum of 15 hours on each case researching a plan of action to avoid bankruptcy."

Rhode added. "People need a guiding hand when they are faced with medical issues that are compounded by financial troubles." In 1999, more than 1.3 million people filed for bankruptcy. For more information, contact Myvesta.org or call 1-800-680-3328.

Myvesta.org™ is a national, nonprofit financial solutions organization headquartered in Rockville, Md., founded in 1994.

Test your knowledge of long-term care

Families should plan for long-term care in order to avoid financial sacrifices

(NAPS) - Failure to discuss long-term care is causing American families to make unplanned sacrifices such as using children's college funds or foregoing job advancement, according to a national survey on long-term care recently released by the National Council on the Aging (NCOA) and John Hancock Mutual Life Insurance Company.

The survey showed that families are not addressing long-term, care planning together-fewer than one in three (28 percent) parents of adult children reported they had discussed it with their kids.

In addition, only 12 percent of respondents feel they have adequately prepared for their own long-term care needs.

Quiz

The answers to this brief quiz on long-term care may give you time to discover the numerous options you have in providing that care for loved ones.

1. Most long-term care is provided in a nursing home (a) true (b) false?

2. Nearly 40 percent of the long-term care population is under the age of 65 (a) true (b) false?

3. People 55 - 64 pay more than \$1,500 per year, on average, for a long-term care policy (a) true (b) false?

4. Medicare is not the primary funding source for most older persons' long-term care costs (a) true (b) false?

5. The average length of stay in a nursing home is more than four years (a) true (b) false?

6. On average, a one year stay in a nursing home costs about \$25,000 (a) true (b) false?

7. The average lifetime chance of needing long-term care for an individual 65

years or older is more than 40 percent (a) true (b) false?

Answers

1. (b) False. Most long-term care is not provided in a nursing home. 80 percent of older adults who receive long-term care receive that care in their own homes or community settings. 2. (a) True. 3. (b) False. The average annual long-term care insurance premium paid by people age 55 to 64 was \$919. 4. (a) True. Medicare paid for only 13 percent of the elderly nursing home spending in 1995. 5. (b) False. Only one in ten will stay three or more years. 6. False. The average one year stay costs about \$41,000. 7. (a) True. It is estimated that approximately 49 percent of elderly turning 65 will be admitted to a nursing home at some point in their lives.

More information on the survey is available on the Internet at www.ncoa.org or www.jhancock.com.

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Torn cartilage of the knee can be remedied with arthroscopic surgery

ONE OF THE most common knee problems is a torn cartilage (also called meniscus). A tear can result from injuries such as a sudden twist, fall, or the result of chronic strain from hard work. It can even result from normal activities with natural aging of the body.

The knee has two cartilages located on the outer edges of the joint. They resemble the shape of an orange wedge laying flat with the thin inner edge pointing toward the center of the knee. They function as shock absorbers to cushion and transfer the body weight across the joint. They also assist in stabilizing the joint. When a tear develops, the torn piece of cartilage can be pinched between the bones and cause sharp pain, popping or catching, and giving way to buckling of the knee.

Orthopedic surgeons can correct this injury by arthroscopic surgery. After an orthopedic consultation and x-rays, an MRI (Magnetic Resonance Imaging) scan may be requested. An x-ray can show damage to the bones whereas an MRI can demonstrate injuries to soft tissue structures such as torn

cartilages or ruptured ligaments.


Arthroscopic surgery is an outpatient procedure performed in an operating room to remove or repair the torn cartilage tissue. Under anesthesia the arthroscope and other surgical instruments can be introduced into the joint through two or three tiny incisions (also called portals) made on the knee. The arthroscope is a thin rod shaped fiber-optic telescope only 4 to 5 millimeters in diameter. This is connected to a computerized camera-video monitor system to visualize the inside of the joint.

Most tears are trimmed away, leaving the undamaged cartilage intact. Most meniscal cartilage tears cannot heal like other tissues such as skin. This is due to a very limited blood supply that is necessary for healing. The vast majority of tears occur in the area of poor blood supply and these are trimmed away surgically. The tears that occur in the area of adequate blood supply can be directly repaired or sewn, with the expectation of healing.

After the operation is com-


pleted, tape dressings or single sutures are used to close the portals and a soft bandage is applied. The patient is later discharged home and usually uses crutches for a day or two. Patients commonly rehabilitate the knee for a few weeks and may often return to full activities, including sports, in three to four weeks. Recovery rates depend on other existing abnormalities such as arthritis and the physical conditioning of the patient.

Arthroscopic knee surgery is one of the most common orthopedic procedures performed today. This operation makes use of advanced technology and is the procedure of choice to correct a torn knee cartilage.



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OMH's cancer center to hold open house

*Gaylord-based
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in diseases of the
blood and cancer*

GAYLORD -- Cancer patients who long for undivided attention and the best care available may wish to call Robert L. Donnell, M.D., at his Gaylord office behind Otsego Memorial Hospital.

Roger O. Woodcum, formerly of Lewiston, now resides in Lakes of the North. For the past three years, refractory anemia - a condition in which the blood fails to produce red blood cells - has required Roger to receive blood transfusions. For six months, Roger has required transfusions every two weeks.

He and his wife, Evelyn, agree that of all of the places Roger has been treated, Dr. Donnell's office has provided the highest level of care and compassion.

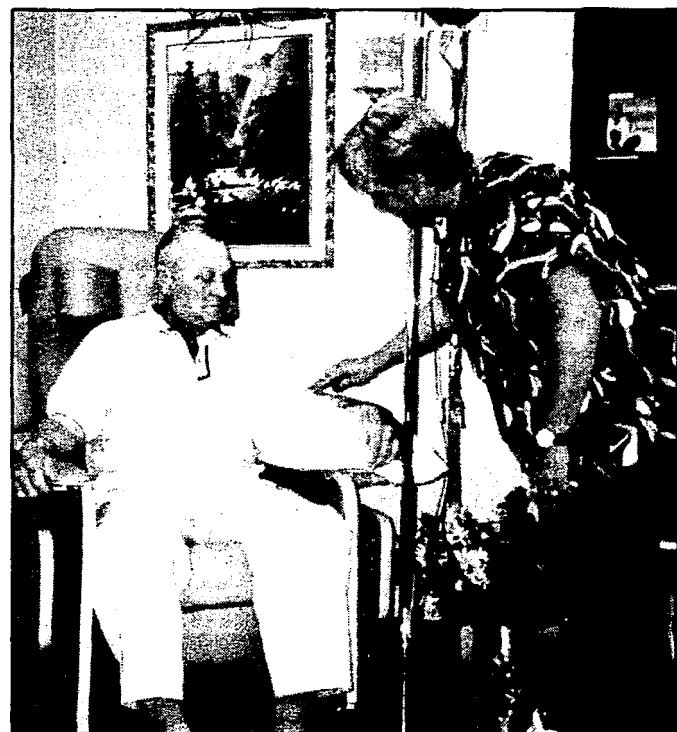
"I would recommend everyone come here," Evelyn said. "This is fabulous."

Cancer patients who previously traveled 60 miles or more for chemotherapy are embracing the treatment offered by Dr. Donnell.

Donnell specializes in hematology and medical oncology, which means diseases of the blood and cancer treatment. He participates in the most current national research trials and is constantly evaluating what additional services can be offered at his Gaylord office for the convenience of his patients.

Receiving chemotherapy typically means treatments several days each week, with each treatment lasting from 15 minutes to three or four hours.

Patients often need transportation to and from places of treatment. Having a local



Cancer treatment services at Dr. Robert L. Donnell's Gaylord office are offered in a comfortable, relaxing atmosphere. Dr. Donnell provides consultation and treatment protocols for patients coping with cancer and blood diseases.

treatment center has made life easier for the Woodcums and many other families who have discovered Dr. Donnell's office.

The cancer treatment unit, a department of Otsego Memorial Hospital, offers a full range of injections, chemotherapy, and blood infusion. Patients also have complete access to the state-of-the-art services critical to evaluation of cancer treatments. CT (or CAT) Scans, MRI (Magnetic Resonance Imaging), blood tests, and other tests to diagnose and monitor a patient's status and progress, are available within walking distance of Donnell's 126 Shipp Street office.

"I've been very pleased with the reception we've received from the service area," Donnell commented. Over the next one to two

years, Donnell and Otsego Memorial Hospital administrators will be evaluating the feasibility of providing additional services to cancer patients.

As a thank you to everyone who made the cancer treatment unit possible, and as an opportunity for the community to see what services are now available in Gaylord, Dr. Donnell's office has planned a community open house from 5-6:30 p.m., Wednesday, May 31, at the 126 Shipp Street Office.

Please join Dr. Donnell and his staff for light refreshments and a tour of the office and chemotherapy treatment room.

For more information about the open house and oncology, hematology services offered by Dr. Donnell, please call (517) 731-7746, Monday-Friday.

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What is a cataract?

How to identify and treat the loss of vision

A cataract is a clouding or darkening that develops in the normally clear lens of the eye. This prevents the lens from properly focusing light on the retina, at the back of the eye, resulting in a loss of vision. It is not a film that grows over the surface of the eye.

No one is exactly sure what causes a cataract, but it is known that chemical changes within the lens cause it to become cloudy. This is often thought of as a part of the natural aging process, but it may also result from heredity, an injury or disease.

Cataracts are most often found in persons over age 55, but are also occasionally found in younger persons, even newborns. Cataracts usually develop in both eyes, but often at different rates. Some cataracts develop slowly over a period of years and others form rapidly within a few months.

In a comprehensive eye examination, your doctor of optometry can determine whether or not you have cataracts.

Cataracts vary in their development from person to person, so the symptoms may also vary. Here are some common symptoms that people experience:

- increasing haziness causing blurred or distorted vision; colors may seem yellowed the appearance of dark spots or shadows that seem to move when the eye moves
- an increasing need for more light to see clearly
- a tendency to become more nearsighted because of increasing density of the lens (Light enters the eye through the lens and is focused on the retina. A cataract, a clouding of the lens, prevents light from being focused properly on the retina.)
- double vision
- a gradual loss of color vision
- a stage where it is easier to see

Currently, there is no proven method to prevent cataracts from forming or to make the cloudy lens clear after a cataract has devel-

oped. Your doctor of optometry can prescribe changes in your glasses or contact lenses to help you see more clearly as your cataract develops.

Ultimately, if your cataract impairs your daily activities, your optometrist can refer you to an eye surgeon who may recommend surgical removal of the cataract. The surgery is relatively uncomplicated and has a 95% success rate.

When your eye's natural lens is removed during cataract surgery, some type of treatment is usually needed to achieve clear, comfortable vision.

Intraocular lenses, contact lenses and glasses are all common forms of post-cataract vision correction. Intraocular lens implants are inserted at the time of surgery and serve as "new" lenses. Daily wear and continuous wear contact lenses have also become increasingly popular as post-cataract vision correction.

Whatever the treatment, regular optometric followup care is important in making sure you maintain good vision and eye health.

Help for sleepless Americans

It is estimated that a third to a half of all Americans suffer from some sort of sleep disorder. Statistics show that one of the highest causes of automobile accidents are related to sleepiness, lack of concentration, and falling asleep behind the wheel. Not getting a good night's rest also contributes to poor work production, accidents, and impacts on quality of life. It may also cost Americans 18 billion dollars in health care costs annually.

The Sleep Research Institute in Washington, DC has revised their booklet, "Getting The Sleep You Need." The booklet gives information and suggestions on what to do when you can't sleep.

"Many people have trouble sleeping and don't know where to turn for help," says Tor Stave, Assistant Director at The Institute. "We've published a booklet that can help them with their situation."

Consumers can receive a copy by sending \$5 to cover the cost of printing, postage and handling to: Regional Fulfillment Center, Sleep Booklet #SL-950, PO Box 692624, Boston, MA 02269-2624. Consumers can also get this information from The Institute's Internet web site: www.institute-dc.org.

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